



PMEA Retired Member Network **eNEWS**: January 2, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

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Happy New Year and **WELCOME** to your 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. Thanks for staying involved in PMEA!



New Year's one-liners and toasts

<http://www.jokes4us.com/holidayjokes/newyearsjokes.html>

- My New Year's resolution is to stop hanging out with people who ask me about my New Year's resolutions.
- A New Year's resolution is something that goes in one year and out the other.
- If your born in September, it's pretty safe to assume your parents started out the New Year with a "Bang!"
- I have only one resolution. To rediscover the difference between wants and needs.
- May I have all I need and want all I have. Happy New Year!
- If 2017 was a person, I'd sue him for pain and suffering and lost wages.
- This New Year's, I resolve to be less awesome since that is really the only thing I do in excess.
- People treat New Year's like some sort of life-changing event. If your life sucked last year, it's probably still going to suck tomorrow.
- I remember 2017 like it was yesterday.
- Dear Luck: Can we be friends in 2018. Please?
- In 2018, may your neighbors respect you, troubles neglect you, angels protect you, and heaven accept you.
- May all your troubles last as long as your New Year's resolutions.
- Dear God: My prayer for 2018 is a FAT bank account and a THIN body. Please don't mix it up like you did this year.
- Remember you can reset your resolutions on January 14th (Orthodox New Year) and February 8th (Chinese New Year). After that, even I can't help you.
- I wanna kiss you on December 31st from 11:59 pm to 12:01 am, so I can have an amazing ending to 2017 and a beautiful beginning into 2018.
- My New Year's Resolution is to break my New Year's Resolutions...That way, I succeed at something!
- Keep the smile, leave the tear, hold the laugh, leave the pain, think of joy, forget the fear. Be joyous, cause it's a New Year.



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On the web...

"10 Retirement Blogs Worth Reading" by Dana Anspach

<https://www.thebalance.com/retirement-blogs-worth-reading-2388632>

Have a little time to peruse the Internet? Here is a review of "the top ten" blogs with content geared towards both those who have advanced knowledge of finances as well as beginners who are trying to figure out how to build a retirement income plan.

1. Retirement Researcher Blog - Wade Pfau <http://retirementresearcher.com/>
2. Nerd's Eye View - Michael Kitces <https://www.kitces.com/>
3. The Retirement Café - Dirk Cotton <http://www.theretirementcafe.com/>
4. The Retirement Manifesto - Fritz Gilbert <http://www.theretirementmanifesto.com/>
5. Asset Builder - Scott Burns http://assetbuilder.com/blogs/scott_burns
6. Oblivious Investor - Mike Piper <http://www.obliviousinvestor.com/>
7. Getting Your Financial Ducks in a Row - Jim Blankenship <http://financialducksinarow.com/>
8. Squared Away Blog - Kimberly Blanton <http://fsp.bc.edu/squared-away-blog/>
9. Early Retirement Extreme - Jacob Lund Fisker <http://earlyretirementextreme.com/>
10. Retirement Security SmartBrief
<http://www2.smartbrief.com/servlet/encodeServlet?issueid=EBDA2157-34CC-4C94-94EE-FB5F3C6BF0B7&sid=e7bb096a-7588-45de-9a2a-68f68cc86423>

"Gurus of Retirement Planning" in the *PMEA Ultimate Retiree Resource Guide*

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

For a fresh start to the New Year, visit the websites of Dave Bernard, Emily Brandon, Dave Hughes, Robert Delmontagne, Ken Dychtwald, Joe Hearn, Kathy Merlino, Jean Potuchek, Barbara Torris, Maria Villeza, and Ernie Zelinski. (Download the bibliography at <https://www.pmea.net/wp-content/uploads/2014/10/ultimate-retiree-resource-guide-111717.pdf>).

Cruciverbalists' contest

How is your memory, retiree? In 2017, do you recall the book reviews and other articles we presented in this e-publication? Here's your chance to test your skills in doing crossword puzzles, trivia retention, or research (clue dates represent the corresponding *eNEWS* issue at <https://www.pmea.net/retired-member-network-eneews-archive/>).

Email a copy of the completed grid (next page) with your name and address to paulkfox.usc@gmail.com or snail-mail it to Paul Fox, 1564 Hastings Mill Road, Pittsburgh, PA 15241 so that it is received on or before February 1, 2018. The *first* "perfect" entry will earn a PRIZE (one of the retirement books featured in 2017). In addition, up to nine "honorable mentions" will also be awarded if received by the deadline. (If you get stumped, answers will be printed in the February *eNEWS*! After all, it's only a game!)

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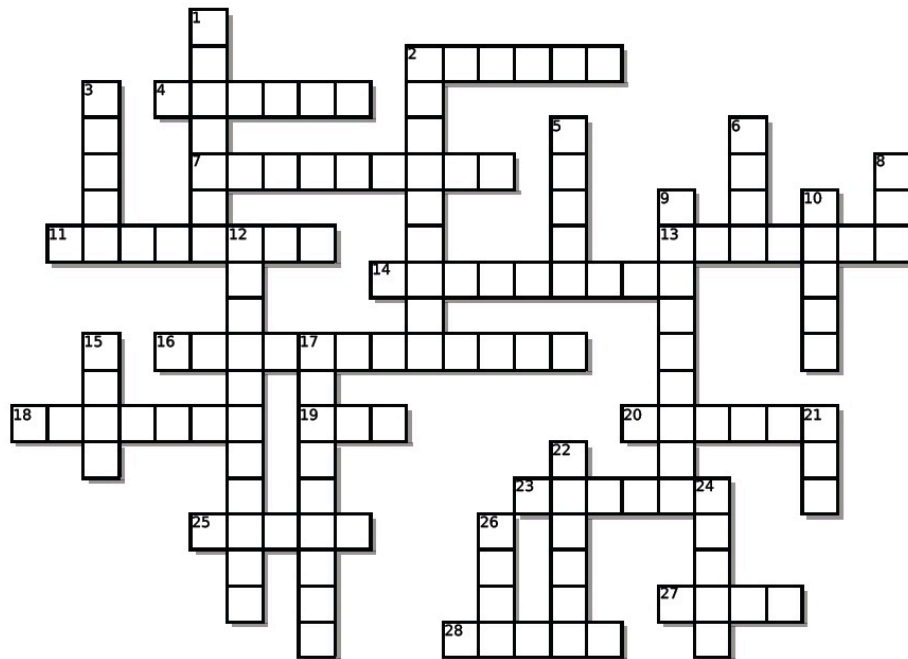


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TRIVIA... Retired Member Network eNEWS The 2017 Year in Review



ACROSS

- 2 ____ list, in Celestine Chua's book "101 things to do before you die" - February 5, 2017
- 4 Kyle ____, author of I'm Retired... Now What? 99 Adventures to Fulfill During Retirement - September 10, 2017
- 7 Ken ____, gerontologist, expert on aging issues, and CEO of Age Wave - April 8 and May 4, 2017
- 11 Ernie ____, author of How to Retire Wild, Happy, and Free - April 8, 2017
- 13 Free online community forum allowing members to connect with other music educators, participate in discussions, and share resources, unveiled in November by NAFME - December 4, 2017
- 14 City of 2018 PMEA Spring In-Service Conference - October 17 and 27, 2017
- 16 Robert ____, author of Honey, I'm Home: How to Prevent or Resolve Marriage Conflicts Caused by Retirement and The Retiring Mind: How to Make the Psychological Transition to Retirement - January 25, 2017
- 18 Ronnie ____, editor of 60 Things to Do When You Turn 60 - August 26, 2017
- 19 Cost of retired member early-bird registration to PMEA Spring Conference (dollars) - January 9, 2017
- 20 Robert ____, M.D., author of The Longevity Revolution: The Benefits and Challenges of Living a Long Life - June 10, 2017
- 23 Dave ____, author of Design Your Dream Retirement and Smooth Sailing into Retirement - January 9, 2017 and January 3, 2018
- 25 Title of book Shifting ____ to Your Life and Work After Retirement by Dr. Carollee Duckworth and Dr. Marie Langworthy - May 4, 2017
- 27 PMEA Council, strategies to support "the life cycle of a music educator" (initials) - February 5, 2017
- 28 Session for retired (and soon-to-retire) members at the PMEA Summer Conference, "Retirement Planning - It's Not About the ____"

DOWN

- 1 Emily ____, blogger on retirement and aging issues for the U.S. News & World Report - January 9, 2017
- 2 Free ____ for retired members offered Friday morning at the PMEA Annual Spring Conference - January 9, 2017
- 3 Derek ____, author of Psychology of Retirement: Coping with the Transition from Work - December 4, 2017
- 5 Name of Retired Member Network digital newsletter - all issues
- 6 Book sponsored by this national association whose motto is "real possibilities," Get the Most Out of Retirement by Sally Balch Hurme - August 13, 2017
- 8 Title of book, The ____ of Retirement: Finding Happiness, Freedom, and the Life You've Always Wanted by David Borchard - July 30, 2017
- 9 Series of self-help books by John Nelson and Richard Bolles which try to answer the question, What Color is Your ____? - November 9, 2017
- 10 March celebration, with advocacy presentations and performances at the Capitol in Harrisburg - March 11, 2017
- 12 Nancy ____, author of Revitalizing Retirement: "Reshaping Your Identity, Relationships and Purpose" - October 17, 2017
- 15 Organization focusing on the "needs and concerns of urban school district music programs," chaired by PMEA retired member Adrienne Davis Kelly - May 4, 2017
- 17 Being needed, finding purpose, or making a difference during retirement, one of the concepts defined in the book Revitalizing Retirement - October 17, 2017
- 21 "Who's-who" catalog of past PA leaders in music education, retiree advisers and consultants (initials) - January 9 and February 26, 2017
- 22 Title of book The Couple's Retirement ____, by Roberta K. Taylor and Dorian Mintzer - May 29, 2017
- 24 Hyrum ____, author of Purpose Retirement: The Baby Boomer's Guide to a New Level of Happiness - June 24, 2017
- 26 Manning of the ____ booth by retired members, providing directions, sharing materials and last-minute schedule changes, and serving as ambassadors/greeters at the PMEA Spring Conference - January 9 and February 5, 2017

Cruciverbalists' Contest:

Must be received by

February 1, 2018

Name:

Address:

City:

Zip:

Send to:

paulkfox.usc@gmail.com or
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Retired teacher but active singer and composer – John Lloyd

Whatever happened to John Lloyd... formerly of Forest Hills Junior High in the Churchill School District (now Woodland Hills)?

I was delighted to receive a note from him. He related that "things are going relatively smoothly for me in 'dark' London, Ohio. I'm back singing in the Presbyterian Church choir (my voice has held up better than my legs have) and I guess I'll continue until I'm asked to leave." He shared that his Welsh grandfather Lloyd was still singing in a barbershop quartet when he was 85, which he said might go to illustrate the old adage...

If you get three Jewish men together, they will argue about the meanings of the Torah.

If you get three Irish men together, they will argue about religion and politics.

If you get three Welsh men together, they will form a choir.

For the holidays, John told me he was working on an arrangement of six Hanukkah songs for Junior High-level strings. "Work like that keeps my mind from turning to Jell-O." Sound familiar?

"About 20 years ago, I wrote a march titled 'The Uppingham Festival March.' A good English friend was teaching band in a preparatory school in Lincolnshire, and some of the best players from his school would be going to Uppingham to play in the orchestra which would be comprised of players from Prep Schools in the area. I sent it off to England, asking my friend to show it to the director of the Uppingham music department to see if they would play it at the Festival. The director agreed, so I flew over to England so that I could go to hear the march played. But, when I got to my friend's home, he told me that the Festival had been cancelled because England had an outbreak of 'Mad Cow Disease' and they didn't want to take the chance of spreading the disease amongst the children. So, I never did get to hear the march. However, [my brother] Tom found my score and asked me to re-write the string parts so that his college band could play the march, which I did."

Tom's band was to play the march this past November. In addition, John plans to send the score and a recording to KJOS and hope that they'll like it enough to publish it.

John has also written "Hectic Overture" for Orchestra, published by Neil A. Kjos Music Company, which was a winner of the National School Orchestra Association Composition Contest. Dedicating the composition to "all the Churchill/Woodland Hills orchestras of Pittsburgh, PA," the publisher's description included the following note:

"Rhythmic piece which involves every player from measure one to the end. Piano is included which adds a colorful percussive timbre to the overall sound of the orchestra."

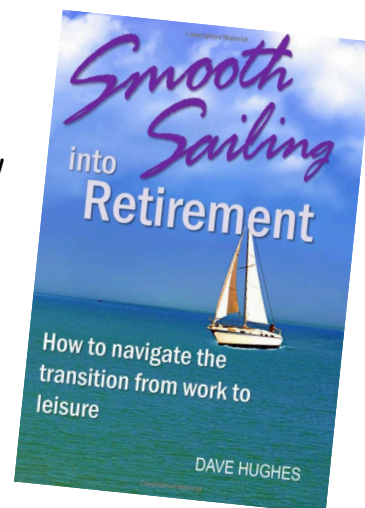




Book-of-the-Month review – *Smooth Sailing into Retirement...*

What a find! I just purchased and read cover-to-cover *Smooth Sailing into Retirement - How to Navigate the Transition from Work to Leisure* by Dave Hughes (Prickly Pear Publishing, 2017).

This easy-to-read paperback publication focuses on the emotional not financial aspects of preparing for that first year of retirement, including self-reinvention and designing your new day-to-day life to reflect your passions and interests, elimination of old habits and activities that may no longer serve your needs in retirement, strategies for goal-setting, time management, and creation of "bucket lists," fostering good communications with your spouse/partner/family members or handling retirement as a single person, and so much more.



Every chapter is short and written in plain language. My mother always said, "Eat slowly and take small bites!" You will want to repeatedly pick up *Smooth Sailing into Retirement* and read several pages at a time.

Sections:

- Your Last Few Months of Work
- Your First Few Months of Retirement
- Curate Your Retirement
- Your Marriage
- Retired and Single
- Looking Ahead

I particularly liked the chapters on "8 Surprising Ways That Retirement Can Stress You Out" and "Unexpected Emotions You May Experience After You Retire." Hughes discusses in great detail the confusion and "ups and downs" of the passage through one of life's greatest life-style transitions.

"Most people approach retirement with one of two outlooks: eager anticipation or dread... Since so many aspects of your life will change when you retire, it's not surprising that you will experience some emotional upheaval. Which emotions you experience, in what order, and at what point after you retire will be unique to you."

I have not met a retiree that has not experienced at least of few of these stressors, myself included!

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He touches on...

- Loss of identity/lack of purpose
- Uncertainty about whether you made the right choice
- Guilt over no longer working
- Disappointment
- Disorientation
- Fear and worry
- Loneliness

His final two chapters reflect on "Ten Ways to Stay Young After You Retire" and "12 Regrets You Can Avoid in Retirement," a roadmap for truly "living the dream" in "life after work!"

This is "must-read" manual to answer the essential questions, "What are you going to be when you grow up?" and "What are you going to do with yourself for the rest of your life?"

This book and Hughes' blog-posts and website (<http://retirefabulously.com/>) offer some of the best printed advice I have ever read... so, add them to your bedside references!

For the 2019 PMEA State/NAfME Eastern Division Conference in Pittsburgh, we plan to bring in Dave Hughes as a guest speaker for a session on retirement. Also, you can look forward to future article from him in the "retirement section" of *PMEA News*.



A contributor to U.S. News and World Report, Dave Hughes is an author, blogger, speaker, and expert on retirement lifestyle planning.

More "Fox's Firesides" – the *paulkfoxusc* Wordpress blog

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

Check out these links to my latest *missives*:

- "Retiree Concepts: Random Terms Regarding Retirement Transitioning"
<https://paulkfoxusc.wordpress.com/2017/12/20/retiree-concepts/>
- "Help! How Does One Keep Up? Time, Task, and Media Management..."
<https://paulkfoxusc.wordpress.com/2017/12/01/help-how-does-one-keep-up/>

The latter article was also picked up by the *NAfME Music in a Minuet* blog archives: <https://nafme.org/category/news/music-in-a-minuet/>.

Finally, these two "recycled blogs" are from several years ago for the holidays:

- "Tips for Retirees on Managing Stress During the Coming Winter Celebrations"
<https://paulkfoxusc.wordpress.com/2015/11/29/tips-for-retirees-on-managing-stress-during-the-coming-winter-celebrations/>
- "Random Acts and Other Resolutions"
<https://paulkfoxusc.wordpress.com/2015/12/22/random-acts-and-other-resolutions/>



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Giving back to your colleagues and the profession: *Amplify*



As mentioned in the last issue of *eNEWS*, the new online "community platform" *Amplify* allows NAFME members the chance to connect with other music educators, participate in discussion threads, and share resources.

Retired music teachers are uniquely qualified to respond to *Amplify* posts, giving new or recently transferred educators outside their specialties the benefits of multiple years of their experience and expertise. I found myself creating or responding to a few chats on retirement, personal branding, practice journals, motivating practice, ethics, etc.

What do you have to give?

If you have not done so already, check-out their website: <http://community.nafme.org/home>. Log-in to your free *Amplify* account using your NAFME email and password. Get started by reading the posts on the *Music Educators Central* community or join the other available forums under the Communities tab within the main navigation bar.

Hope you take advantage of *Amplify* and voice some of your "hard-won" tips, views and perspectives (or ask your own questions) in the password-protected NAFME site. .

News bits from our retirees

Like father, like daughter...

One of our recently retired members shared a moment of "his pride" that he was asked to accompany his daughter Sarah in a performance of the Washington HS Choralaires.



Model railroading...



Guess who has been "tinkering in his basement" designing model railroad layouts? Rich Victor: "I've been collecting American Flyer "S" Gauge trains since I was a kid!

He is not the only one who has been bitten by "this bug!" Retired member Ron DeGrandis shared that one of his favorite hobbies is working with "O" Gauge model railroading.





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Updating our community bands listing...

Robin Linaberry, Conductor/Music Director of the Southern Tier Concert Band, NYS Chair of the National Band Association, and retired Director of Bands, Maine-Endwell High School, emailed asking for assistance to revise the community bands listing:

"I'm interested in assembling an updated listing of Adult/Community Bands in this region (the Southern Tier, Central NY, and Northeast PA). I'm aware there is a wonderful and very thorough listing for the entire state of Pennsylvania, prepared by Paul Fox: <https://www.pmea.net/wp-content/uploads/2014/10/Community-Bands-and-Orchestras-051117-1.pdf>. It doesn't include contact information or directors'/officers' names, but it is certainly a wonderful resource, and it shows clearly that our American tradition is not only alive, but *thriving*!

Anyone who has information they could add to the list (especially Northeast, PA), please send him an email: R200lina@gmail.com or rlinaberry@stny.rr.com.

Any volunteers willing to help edit or add data (like websites) to our lists of amateur bands, choruses, orchestras, and theater groups posted on the retired members' page? Please let the PMEA retired member coordinator know at paulkfox.usc@gmail.com.

"Retirement is coming..." brief meetings at PMEA festivals!

My own New Year's resolution: For as many as I can attend, I will present the following info at directors' meeting at student events to inform soon-to-retire members:



- The advantages and benefits of staying involved in PMEA during retirement
- Resources available online, including the *Ultimate Retiree Resource Guide*, *eNEWS*, the Retiree Resource Registry, other articles and sessions, etc.
- Suggestions (what to do and where to go) on "braving the transition" and lifestyle changes to a satisfying self-reinvention in post-employment
- The key recommendation: be sure to update your PMEA profile to include a personal (not school) email, and look for these once-a-month *eNEWS* (possibly in your "spam" or "promotions" folders!).

Late breaking... FREE webinars return to PMEA!

Did you see the PMEA Update about these upcoming events? **Ethics and Music Educators** will be presented by *yours truly* on January 16 and 23, 2018. For more info, go to <https://www.pmea.net/webinars/> or download catalog: <https://www.pmea.net/wp-content/uploads/2013/08/2018-PMEA-WEBINAR-SERIES-confirmed-dec14-1.pdf>

Happy trails, retirees. Please keep in touch throughout 2018! PKF

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