



## PMEA Retired Member Network eNEWS: February 1, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

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**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. Thank you for staying involved in PMEA! This is a "sneak preview" sample edition for soon-to-retire members! Welcome aboard!!

### February jokes from *My Town Tutors*

<http://mytowntutors.com/2017/01/february-jokes-funny-february-jokes/>

- **February 2, 2018 (Ground Hog Day):** What happened when the groundhog met the dogcatcher? *He became a pound hog!*
- What do you call Punxsutawney Phil's laundry? *Hogwash.*
- What happens if the ground log sees its shadow? *We'll have six more weeks of splinters!*
- What is a groundhog's favorite book? *Holes.*
- What would you get if you crossed February 2 with a Christmas drink? *Ground Nog Day!*
- **February 4 (Super Bowl Sunday):** Why did the NFL football player go to the bank? *To get his quarter back.*
- What's the difference between a quarterback and a baby? *One takes the snap, the other takes a nap.*
- How is losing money in a payphone like a football game? *If you don't get the quarter back, you hit the receiver!*
- What did the football say to the punter? *I get a kick out of you.*
- Why do coaches like punters? *Because punters always put their best foot forward.*
- Why did the poor quarterback have his receivers cross at midfield? *Because he was trying to make ends meet.*
- What do you call a lineman's kids? *Chips off the old blocker.*
- **February 14 (Valentine's Day):** Did Adam and Eve ever have a date? *No, but they had an apple.*
- Why is Valentine's Day the best day for a celebration? *Because you can really party hearty!*
- What did one oar say to the other? *Can I interest you in a little row-mance?*
- What do you call two birds in love? *Tweethearts!*
- Why is lettuce the most loving vegetable? *Because it's all heart.*
- What did the caveman give his wife on Valentine's Day? *Ughs and kisses!*
- What did the Valentine's Day card say to the stamp? *Stick with me and you'll go places!*
- **February 19 (President's Day):** Why did Abe Lincoln grow a beard? *He wanted to look like that guy on the five-dollar bill.*
- Did Lincoln know that the North would win the Civil War? *After a while, he took it for Grant-ed!*
- Why was Abraham Lincoln born in a log cabin? *Because it was too cold to be born outside!*
- Why did they call Lincoln "Honest Abe?" *Because that's what it said on all his campaign buttons.*
- Why did George Washington have trouble sleeping? *Because he couldn't lie.*
- What do you call George Washington's false teeth? *Presidentures!*



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### What's the buzz? @ the 2018 PMEA Spring Conference

<https://www.pmea.net/pmea-annual-in-service-conference/>

Now is the season... the annual PMEA Spring In-Service Conference! This year, we will go "Central PA" on April 19-21, 2018 at the Lancaster Marriott & Convention Center.

On Page 7 in the October 27, 2017 issue of *PMEA Retired Member Network eNEWS*, we featured "Coming back to Lancaster..." with a list of historic, entertainment, shopping, and restaurant links (revisit the article here: <https://www.pmea.net/wp-content/uploads/2014/10/Retired-Member-Network-eNEWS-102717.pdf>).



Since retirees may have fewer school commitments, they can take time to enjoy the local flavors and attractions!

Below is "the rest of the story" - a summary of the sessions, keynotes, meetings, and performances, also "neatly" laid out chronologically with more detail in *PMEA News*.

As a retired member, please be sure to do the following:

- "Feel the love" (Valentine's Day) and be sure to mail-in (or fax) your registration prior to the **February 14 "early-bird" deadline**, and you will pay only \$10. What a deal for retirees!
- RSVP Paul Fox (yours truly) to confirm you will be attending the **Retired Member Breakfast**, FREE on Friday, April 20 (7:30 a.m.): [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com)
- Let the PMEA office staff know (during the registration process) if you are staying for the FREE **PMEA Awards Breakfast** on Saturday, April 21 (8:30 a.m.).
- Finally, we need a handful of retired members to help man the **PMEA Info Booth**, assisting with a variety of informal *networking chores*: "meeting and greeting" other retired and full-time members, distributing materials and updated schedules, selling PMEA memorabilia, etc. After you review the conference schedule, please send me all of your available times: Thursday, April 19 at 10:30 a.m., Noon, 1:30 p.m., 3:00, 4:30; Friday, April 20 at 8:30 a.m., 10:00, 11:30, 1:00 p.m., 2:30. Thank you so much for volunteering! [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com)



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### Conference-at-a-glance

#### Guest Performing Groups

Altoona Area High School Advanced Jazz Ensemble FRI  
Bala Cynwyd Middle School Chamber Orchestra FRI  
Bridle Path/Montgomery Elementary Select String Ensemble THU  
Central Bucks East High School Select Choir FRI  
Council Rock High School South Orchestra FRI  
Cumberland Valley High School String Quartet THU  
Dolce Armonia (Canon McMillan School District) THU  
Gold'n'Blues (Tamanend Middle School) FRI  
Haverford High School Chamber Singers THU  
IUP Chorale FRI  
Kutztown University Wind Ensemble FRI  
Lancaster Catholic High School Percussion Ensemble FRI  
Lebanon Valley College Concert Choir THU  
Lycoming College Wind Ensemble THU  
Messiah College Student Horn Quartet THU  
Messiah College Symphony Orchestra THU  
Mt. Lebanon High School Wind Ensemble FRI  
Neshaminy High School Jazz Band FRI  
North Hills High School Wind Ensemble THU  
North Penn High School Men's Choir FRI

North Wales Elementary School Select Choir THU  
Owen J. Roberts Middle School Concert Band FRI  
Parkside Harmony THU  
Pennfield Middle School Jazz Band THU  
R.E. Strayer Middle School Messa di Voce THU  
Temple University Jazz Band THU  
U.S. Navy Band Commodores THU  
Wissahickon High School String Quartet FRI  
Young People's Philharmonic Woodwind Ensemble FRI

#### Special Sessions/Ceremonies

General Session/Opening: NAFME President Denese Odegaard THU  
General Session/Friday: Stanford Thompson FRI  
Exhibits Grand Opening THU  
The Magnificent Metamorphosis – Transitioning to a Happy Retirement THU  
PMEA Awards Breakfast SAT  
Rural Music Educators Symposium THU  
So You Have a Student Who Wants to Follow in Your Footsteps FRI  
Urban Music Educators Symposium Follow-up FRI

Check out the entire list of PMEA 2018 sessions, concerts, and other scheduled events at <https://www.pmea.net/wp-content/uploads/2014/12/2018-Conference-Schedule-2.pdf>.

### PMEA 2018 keynote presenters



Thursday, April 19

**Denise Odegaard, President  
National Association for  
Music Education**

**Stanford Leon Thompson,  
Founder/Executive Director  
of the El-Sistema-inspired  
program *Play On, Philly*,  
professional trumpeter and  
inspirational speaker**

**Marriott**  
LANCASTER  
AT PENN SQUARE



Friday, April 20

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## Revisiting an important New Year's resolution: **Kathy's Retirement Blog**

It is now more than a month since we made (and broken?) those New Year's Resolutions. How long did it take for you to "stray" or forget them altogether?

Well, I have one for you to (re-)consider... "put pen to ink" by one of my favorite retiree bloggers: Kathy Merlino!



When was the last time you updated your last will and testament, powers of attorney, and living will? In her December 30<sup>th</sup> posting, "**Looking for A Resolution? Here's One...**" at <https://kathysretirementblog.com/2017/12/30/looking-for-a-resolution-heres-one/>, she brings out the essential need to make/revise your "advance arrangements." Knowing most of us avoid even thinking about "our own mortality," 2018 would be *the* year to plan and complete the following legal documents: will, powers-of-attorney for health and financial oversight, and detailed funeral instructions. As Kathy concludes, "Write a will and other documents for the sake of those you love. It is the best gift you can ever give them!"



## Do you plan to retire in 2018? Read these blogs...

"**7 Things to Do Before You Retire in 2018**" by Abby Hayes, *U.S. News & World Report*

<https://money.usnews.com/money/blogs/on-retirement/articles/2017-11-08/7-things-to-do-before-you-retire-in-2018>

"**The Best Places to Retire in 2018**" by Emily Brandon, *U.S. News & World Report*

<https://money.usnews.com/money/retirement/baby-boomers/slideshows/the-best-places-to-retire-in-2018>

"**Retiring in 2018? Here Are 5 Tax Moves to Make Now**" by Maurie Backman, *The Motley Fool*

<https://www.fool.com/retirement/2017/12/10/retiring-in-2018-here-are-5-tax-moves-to-make-now.aspx>

"**Advice from Music Teacher Retirees to Soon-To-Be Retirees**" by Paul K. Fox, *Edutopia*

<https://www.edutopia.org/discussion/advice-music-teacher-retirees-soon-be-retirees>

"**Surviving and Reveling in Retirement**" by Paul K. Fox, *Edutopia*

<https://www.edutopia.org/discussion/surviving-and-reveling-retirement>

"**If You're Retiring in 2018, You Should Read This. And Even If You're Not**"

by Michelle Singletary, *The Washington Post*

[https://www.washingtonpost.com/news/get-there/wp/2017/12/18/if-youre-retiring-in-2018-you-should-read-this-and-even-if-youre-not/?utm\\_term=.99776221c1df](https://www.washingtonpost.com/news/get-there/wp/2017/12/18/if-youre-retiring-in-2018-you-should-read-this-and-even-if-youre-not/?utm_term=.99776221c1df)

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### Soon to retire? Here is your checklist of things-to-do!

From your PMEA Retired Member Coordinator: PLEASE...

1. Send PMEA Administrative Assistant Kelly Gressley ([kelly@pmea.net](mailto:kelly@pmea.net)) and me ([paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com)) your personal or household email address, along with your PMEA membership ID number. We do not want you to accidentally "drop off the face of the earth" once you retire and your school district inactivates your school email account!
2. You should also update your NAFME/PMEA online profile with this information. If you need help, please call Kelly at 888-919-7632.
3. Peruse the **PMEA Retired Member** page: <https://www.pmea.net/retired-members/>.
4. Download and read the comprehensive *Ultimate Retiree Resource Guide* from this section on the PMEA website (which will be revised from time to time). Yes, you can learn a lot from the books or blog-sites authored by "master retirees" Robert Delamontagne, Ken Dychtwald, Dave Hughes, Kathy Merlino, Steven Price, Nancy Schlossberg, Hyrum Smith, Ernie Zelinski, and others.
5. I have also reprinted this guide on my WordPress site (easier to click on links): <https://paulkfoxusc.wordpress.com/for-retirees/>.
6. Once you retire, I will send you monthly (or more frequent) *Retired Member Network eNEWS...* so until that "big day," you will need to peek at these issues in the archives at <http://www.pmea.net/retired-member-network-eneews-archive/>.
7. Make sure you never unsubscribe to the PMEA notifications we send you via your email! This is how we can reach our active and retired members, and send you news, advocacy alerts, election ballots, digital updates, and other information.
8. I hope you continue to participate in PMEA during your retired years. Check out this link for more detailed rationale why PMEA remains "a good fit" for music teacher retirees: <https://paulkfoxusc.wordpress.com/2016/12/15/pmea-in-retirement-whats-in-it-for-me/>.
9. I wrote a blog especially for the "newbies" to the world of retirement prep: <https://paulkfoxusc.wordpress.com/2017/09/30/t-minus-three-years-and-counting/>.
10. Finally, I am presenting the session entitled "**The Magic Metamorphosis - Transitioning to a Happy and Meaningful Retirement**" at the **PMEA Annual Spring In-Service Conference** on April 19, 2018 at 3:00 p.m. in the Lancaster Convention Center and Marriott Hotel.  
**Hope to see you there!**

### Quick clicks...

#### "20 Reasons to Thank a Music Teacher"

in honor of March's "Music in Our Schools Month"

<http://sueonmusic.com/?p=339>

#### "Leave the Bucket Lists to Those Ambitious Boomers. It's Tee Time."

[https://www.nytimes.com/2017/12/09/your-money/leave-bucket-lists-to-ambitious-boomers.html?\\_r=0](https://www.nytimes.com/2017/12/09/your-money/leave-bucket-lists-to-ambitious-boomers.html?_r=0)



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## NAfME *Amplify* update



We're getting some interesting dialogue re: post-employment challenges on NAfME's new online "community platform" *Amplify*, so you should search for these postings:

- Mental "speed bumps" along the way to retirement
- Volunteering in retirement
- Stages of retirement

<http://community.nafme.org/home>

## Answers to January's *eNEWS* cruciverbalists' contest

How many "The 2017 Year in Review" words did you find?

I think I stumped many of you... or, were you too busy enjoying retirement to submit an entry? We had no winners of the crossword puzzle contest, so we hold on to the prizes for a future event (perhaps door prizes for those who attend the retiree session in Lancaster). The Retired Member Coordinator was just looking for ways to *engage* retirees!

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



## Other "cool stuff" on the 'net

Take a few moments and peruse these links...

- *NAMM Foundation*: "Every Student Succeeds Act" brochure  
<https://www.nammfoundation.org/file/1635/download?token=F1RJLJc->
- *Music for All*: "Advocacy in Action - Stories and Articles"  
<http://www.musicforall.org/who-we-are/advocacy/stories-articles>
- *The Conversation*: "Stop Obsessing Over Talent - Everyone Can Sing"  
<https://theconversation.com/stop-obsessing-over-talent-everyone-can-sing-74047>
- *MusicEdNews.com*: "Music Education News Feeds"  
<http://musicednews.com/#tab1>

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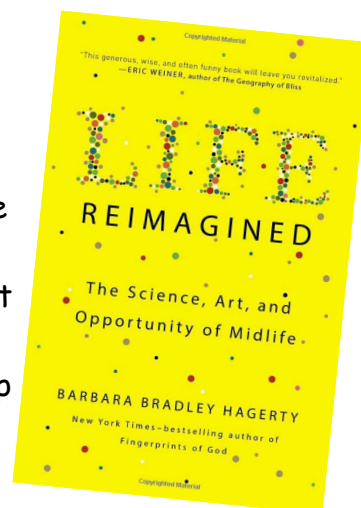


### Book-of-the-Month – *Life Reimagined: The Science, Art, and Opportunity of Midlife*

How about this bold statement? "There's no such thing as an inevitable midlife crisis – it's a myth, an illusion." *New York Times* best-selling author of *Fingerprints of God* Barbara Bradley Hagerty "explodes the fable that midlife is a time when life inexorably goes downhill" in her 2016 paperback *Life Reimagined: The Science, Art, and Opportunity of Midlife*.

Trust me. I know this has more than 450 pages (60 of them are acknowledgements, notes, and an index at the end) and is it true that retirees prefer short, easy-to-read editions? But, if you read this National Public Radio's *All Things Considered* journalist and correspondent's first story about being rushed to the hospital with a possible heart attack, you will not be able to stop until polishing off her "Sixteen Suggestions for Midlife!"

The back cover of her book boasts that Hagerty tackles the essential question, "How do you thrive in midlife?"



"She interviewed experts in neuroscience, psychology, biology, genetics, and sociology, and listened to countless stories of people who steered their way through the minefields of midlife and emerged energized and excited about the future. In her search, Hagerty experiences her own midlife transformation, and realizes that all research points to one conclusion: 'Midlife can be the peak of life.' Our midlife minds, bodies, and relationships actually can work more efficiently, be more resilient, and be more satisfying. Midlife, Hagerty argues, is about renewal: it's the time to refocus our energies and transform the ways we think about the world and ourselves."

Hagerty knows how to "spin a story" and offers the perfect mix of anecdotes and facts. One of her reviewers said, "This book is guaranteed to shake up anyone who is coasting through middle age, reminding them that it's up to them to find their essence and shape their last years with purpose." I like being "shaken up!" Add this to your reading list!

#### Chapters in *Life Reimagined: The Science, Art, and Opportunity of Midlife*:

1. An Ending, and a Beginning
2. Please Don't have a Midlife Crisis
3. Can a Midlife Brain Remember New Tricks?
4. The Shifting Sands of Friendship
5. It's the Thought That Counts
6. The Desert or Oasis of Midlife Marriage
7. Finding a Little Purpose
8. When Bad Stuff Happens
9. Giving It Away
10. The Meaning of Work

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## **“A Beginner’s Bucket List” from *Life Starts at Retirement* by Lou Harry**

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<https://www.hallmark.com/gifts/books/gift-books/life-starts-at-retirement-book-1BOK1535.html>

Knowing my eternal quest to find new books on retirement, my wife surprised me with this Hallmark Gift Book as a “stocking stuffer,” a charming little guide of fresh ideas for utilizing your free time, lists for maximizing your options, inspiring quotes from other retirees, the ultimate retirement party planner, and the following “beginner’s bucket list” to get started on your path (excerpt from pages 8-9):



“Your bucket list – the things you want to do while still on this earth – is likely to be very different from anyone else’s. Here’s a customizable helper to create your own to-do list.

1. The one place I want to see that I've never been to is \_\_\_\_\_.
2. I would like to spend more time hanging out with \_\_\_\_\_.
3. The one thing I'd like to change about myself – that I realistically could change – is \_\_\_\_\_.
4. The one thing I should apologize for is \_\_\_\_\_ and the person I should apologize to is \_\_\_\_\_.
5. The skill I wish I'd learn and would like to acquire is \_\_\_\_\_.
6. The sport or game I would most like to learn is \_\_\_\_\_.
7. The living musician I've enjoyed most but have not yet seen live yet is \_\_\_\_\_.
8. The household skill I believe I can improve on – and enjoy – the most is \_\_\_\_\_.
9. The living person from my past who I'd most like to thank for his or her influence on my life is \_\_\_\_\_.
10. The person whose life I could most positively impact in the upcoming year is \_\_\_\_\_.
11. One thing in my house that I can upgrade that would bring me the most ongoing pleasure is \_\_\_\_\_.
12. The one item on this list that I can act on TODAY is \_\_\_\_\_.”



## **Links to other bucket lists... “very interesting!”**

- <https://personalexcellence.co/blog/bucket-list/>
- <https://bucketlistjourney.net/my-bucket-list/>
- <https://bucketlist.org/>
- <https://www.bucketlist.net/ideas/>
- <https://daringtolivefully.com/bucket-list-ideas>
- <https://www.locationrebel.com/bucket-list/>

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### Three additional recommendations for the “soon-to-retire”



Excerpt reprinted from the August 26, 2017 *PMEA Retired Member Network eNEWS*

<https://www.pmea.net/wp-content/uploads/2014/10/Retired-Member-Network-eNEWS-082617.pdf>

1. **Family Meeting:** If you are married, sit down with your spouse (with no distractions) and map out the essential “who, what, when, where, and how” of retirement. Are you both ready to “take the plunge” into your “golden years?” Are you and your wife/husband on the same page?
2. **PSERS Planning:** 12 months or more away from your projected retirement date, attend a “Foundations for Your Future” program (even attend it more than once), and request a retirement estimate (form PSRS-151), after which you will need to schedule the all-important “Exit Counseling Session.”
3. **Make an appointment** with an estate planner, elder attorney, and/or financial advisor (probably all three). Bring a copy of your bank and investment statements, PSERS reports, social security, annuities, and insurance documents. You may need help in determining which PSERS “plan” to adopt. While you’re at it, update your will and other legal documents.

### What’s a nice retiree like you doing in a place like this? Not the PDE?

Did you know our very own **O. David Deitz** is Fine Arts Education Consultant for the Pennsylvania Department of Education – Bureau of Curriculum, Assessment, and Instruction – Division of Instructional Quality? Yes, this is the same graduate of Mansfield University (Class of 1974) who also studied at Penn State University and Cleveland State, and who worked at Verona High School (NJ), Cedar Cliff High School, and Central Dauphin High School! Throughout his “first career,” he was known for *excellence* in directing all kinds of choirs and musicals, teaching music history, theory, and “careers in music.” But, although he may be “officially retired,” he is not done yet!

Now an active member of the PMEA Council for Teacher Training, Recruitment, and Retention, he serves as our “rep” in the PDE. He presents frequently at workshops/conferences, and has introduced SLOs and other cutting-edge innovations to members.

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**A dissertation about music teacher retirement (Part I) "a must-read!"**

*Segue: Entering into a Legacy* by Glen Terrance Solomonson

<https://www.ideals.illinois.edu/handle/2142/24092>



Not everyone usually "leaps at the chance" to read the voluminous text of a doctoral candidate's final published assignment, but this one should be an exception! Actually, I count myself lucky that I "stumbled upon it" in an *Amplify* posting on retirement, and Solomonson has agreed to share the aptly titled *Segue* with all of us.

Excerpt from his abstract:

"Old music teachers never die, "they just misplace their notes," so to speak. This study, *Segue*, is a multiple case study of four teacher/musicians. Two of the participants are veteran teachers who had already left the profession, one left before the completion of this study, and their cases are examined as well as a fourth, who has been forced to delay retirement. In this study, the effects of retirement on the first three individuals are assessed, while the other teacher has been observed to note changes in attitudes and behaviors now that her retirement has been delayed. In all cases, these "rites of passage" were examined within the context of changes in music education praxis, as well as their impact on the other significant stakeholders in the process, including students, colleagues, and affected communities. The study illustrates that music teachers, as a group, remain committed to making music after retirement, at its base, for their own aesthetic needs, but also for sharing music with others, and their continued contributions to music education in multiple forms promotes a sense of value to the individual, as well as a sense of cherishing from the community."

Quotes from his introduction:

- "Most music educators were surprised at the enjoyment they experienced once they finally retired, finding it difficult to imagine a life without these new freedoms, and once they had taken the step, they discovered that there were still ample opportunities to create and teach music."
- "With the onset of standards for music education at a nationwide level, how have retiring music educators... balanced the musical preferences of the local community, the mandates of multiculturalism, the musical/political climates of national advocacy, and media-generated popular culture, against their own voices? Were those educators working to maintain earlier musical traditions, abandon them, or enhance those traditions? What legacies have they left behind, both for their immediate community and at higher levels? And, looking into the future, what influence will they be able to exert on music education from outside the classroom?"
- "This study will also serve as an attempt to refute the stereotype of retired individuals bound for a life of hobbies, tourism, and forgotten utility."

*(More to come in a future eNEWS. Download the entire work at any time from the link above!)*

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### Calling on PMEA member composers

#### Have you a published a music composition?

PMEA is looking to make a catalog listing of all music publications written by current or retired PMEA members available for purchase or rental. Once this project is completed (with the assistance of retired members), we will post the catalog on the PMEA website.



Please send the following information to Retired Member Coordinator Paul K. Fox at [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com) (use "PMEA member compositions" as the subject line):

- Composer's name:
- Contact phone number (if available):
- Title of work:
- Publisher:
- Year of Copyright:
- Style/genre:
- Instrumentation/voices:

### Giving back to the profession...

Reminder! Join the PMEA **Retiree Resource Registry** (R<sup>3</sup>) and become a volunteer adviser or consultant for pre-service teachers, "rookies" in their first 1-5 years, and those who have transferred into an unfamiliar specialty. The R<sup>3</sup> also provides retirees the opportunity to archive their comprehensive record of present and past job assignments, history of career achievements and awards, current professional music and music education activities, and special talents and interests. The registry serves as a "who's who" directory of past leaders in PA music programs, as it documents the amazing contributions of some of the still most active albeit retired PMEA members.



Visit the PMEA retired member website to sign-up: <https://www.pmea.net/retired-members/>.

### Let us hear from YOU!

This is *your* forum... a place to connect with other like-minded retired music teachers. Please share recent happenings, hobbies, pastimes, "pet peeves," or tips... anything.

**Happy trails, retirees.** Best wishes for a happy, healthy, and satisfying retirement! Please stay "connected" with your PMEA colleagues! PKF

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