



PMEA Retired Member Network eNEWS: March 8, 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!

Repeat attraction (*My Town Tutors*): "Family-Friendly Jokes for March"

<http://mytowntutors.com/2015/02/march-jokes-family-friendly-jokes-for-march/>

- What did the March say to all the madness? *What's all that bracket.*
- In what sport is a basket filled but never gets full? *Basketball.*
- How many NCAA basketball players does it take to change a light bulb? *Only one. But he gets money, a car, and three credit hours for it.*
- Why did the basketball player visit the bank? *His checks were all bouncing.*
- Can February march? *No, but April may!*
- What can be seen in the middle of the months of April and March, that cannot be seen in the beginning or the end of either month? *The letter "r."*
- Why can't you borrow money from a leprechaun? *Because they are always short.*
- Why don't you iron 4-Leaf clovers? *Because you don't want to press your luck.*
- When is an Irish potato not an Irish potato? *When it is a French fry.*
- What would you get if you crossed Quasimodo with an Irish football player? *The Halfback of Notre Dame!*



"Hungry retirees" and volunteers wanted! Come to the Spring Conference!

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

Next month we travel to Central PA to the annual PMEA Spring In-Service Conference on April 19-21, 2018 at the Lancaster Marriott & Convention Center.

Registration for retirees is only \$15.

We need volunteers to help man the PMEA Info Booth. (See last page of this eNEWS.)

On Thursday, April 19 at 3:00 p.m., the PMEA State Retired Member Coordinator is presenting "The Metamorphosis of Retirement - Transitioning to a Happy Retirement."

In addition, the annual FREE PMEA Retired Member breakfast is scheduled for Friday, April 20 at 7:30 a.m. Let's break bread together and swap retirement stories! Please RSVP by emailing "I'm in" to paulkfox.usc@gmail.com.

We hope to see you in Lancaster!



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Wanted input for future article/blog: “The Myths of Retirement”

We are in the process of assembling more “advice from the trenches” and tips for music teachers who are now entering retirement. Please take a moment to jot down something that surprised you (and/or your spouse or other family members) during this transition... What was unexpected? How did retirement change you? What would you say to someone about to go through this “passage?” Any issues re: money, time, emotions, or socializing? Making it through *modicums of modulations*... everything from witticisms to wisecracks. Finish this sentence: “Everyone said retirement was/would be ___, but it was really ___.”

Quotables about retirement

- “Retirement at sixty-five is ridiculous. When I was sixty-five, I still had pimples.”
- George Burns
- “Age is only a number, a cipher for the records. A man can't retire his experience. He must use it.” - Bernard Baruch
- “Retirement may be looked upon either as a prolonged holiday or as rejection... being thrown on to the scrap-heap.” - Simone de Beauvoir
- “It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.” - Andy Rooney
- “Preparation for old age should not begin later than one's teens. A life which is empty of purpose until 65 will not suddenly become filled on retirement.” - Arthur E. Morgan
- “Retirement is the last opportunity for individuals to reinvent themselves, let go of the past, and find peace and happiness within.” - Ernie Zelinski
- “Retirement is wonderful. It's doing nothing without worrying about getting caught at it.”
- Gene Perret
- “We make a living by what we get, but we make a life by what we give.” - Winston Churchill
- “Men do not quit playing because they grow old; they grow old because they quit playing.”
- Oliver Wendell Holmes

Blogs about retirement on the 'net

- **Intentional Retirement:** “Travel Roulette”
<http://intentionalretirement.com/2018/01/travel-roulette/>
<http://intentionalretirement.com/2018/01/number-one-takeaway-travel-roulette/>
- **Kathy's Retirement Blog:** “Whistling While Your Work”
<https://kathysretirementblog.com/author/chiantihill/>
- **RetireFabulously:** “How to Succeed as an Entrepreneurial After You Retire”
<http://retirefabulously.com/blog/2017/11/13/how-to-succeed-as-an-entrepreneur-after-you-retire/>



“YOUR MOTHER AND I FOUND OUT YOU'VE BEEN BLOGGING. WE DON'T KNOW WHAT THAT MEANS, BUT WE'D LIKE YOU TO STOP.”

<https://mettahu.wordpress.com/2014/03/06/what-is-a-blog-anyway/>

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Giving back... What a retired music teacher can do during MIOSM 2018

March is "Music in Our Schools' Month" (MIOSM), actually for all of the arts in public and private education! There are numerous links you should peruse regarding a focus on the promotion of creative self-expression in the schools:

- <https://nafme.org/programs/miosm/>
- <https://blog.ed.gov/2014/03/a-month-to-support-the-arts-in-our-schools/>
- <https://www.schooltheatre.org/programs/tios>
- <http://paeablog.org/wp-content/uploads/2015/04/YAM-2018-Submission-Guidelines-1-1.pdf>

So, you are retired... what can *you* do? How can you enjoy a little celebration of your own in support of the local music programs? How about using your own artistry and experience in music and education in conjunction with a few of these ideas?

1. Make arrangements to visit a local school, talk to a general music (or other) class, and share YOUR story about music and becoming a teacher. Who inspired you? Why did you pursue arts education?
2. Prepare some music and schedule several recitals on your major instrument/voice for nearby child care and/or retirement centers, or even brush up on your piano playing and sponsor several sing-a-longs at these local institutions.
3. Attend local school concerts, musicals or art exhibits during the month of March.
4. Write to your local newspaper's "letters-to-the-editor," school board, state and national representatives, PA Governor Tom Wolf *and* President Donald Trump. Eloquently state the rationale, importance, and your support of arts education and the need for greater emphasis in the funding of all school art, dance, music, STEAM, and theater programs. Also share the latest research and impact of arts with your family, friends, parishioners, neighbors, etc.
5. Participate in PMEA Advocacy Day in Harrisburg on March 13, 2018 (see this issue's page 7).
6. Call several of your local music teachers and offer your help... volunteer to write a musical arrangement, chaperone a field trip, coach a full ensemble or sectional, adjudicate a small group of school instrumentalists or vocalists, present a music appreciation, music history, folk, jazz, etc. lesson for their classes, repair damaged instruments (if you have the skill), setup and teach new music technology, or countless other projects. What does the music educator *need* from you? What would be beneficial to their curriculum or program?
7. Purchase, distribute (and wear in public) "gifts" of the featured MIOSM memorabilia: posters, pencils, lapel labels, buttons, t-shirts, etc.
(<https://nafme.org/storefront/#/storefront/categoryid/BD7B3836-B647-E711-80FC-005056B23052>)
8. Share your positive musical experiences (past and present) and arts advocacy on your personal Facebook, Twitter, and Instagram pages.





Book-of-the-Month – *The Healing Journey Through Retirement*

Critics (and I) are raving about the paperback *The Healing Journey Through Retirement: Your Journal of Transition and Transformation* by Phil Rich, Dorothy Madway Sampson, and Dale S. Fetherling (John Wiley & Sons, Inc., 2000).

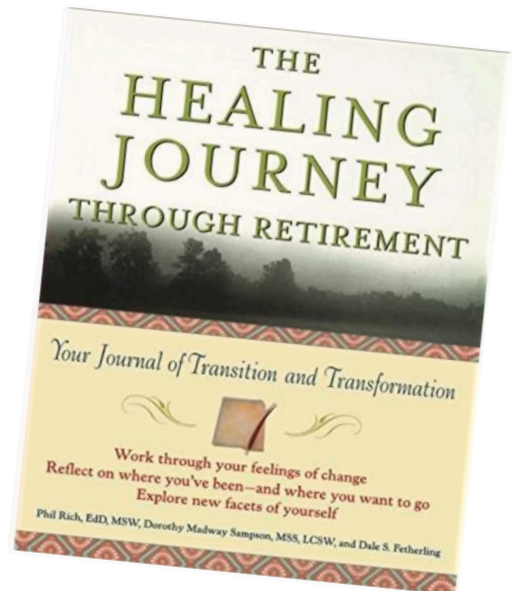
"A must read for retirees and those contemplating retirement. In retirement, most feel that financial security is all that is needed - not so. The shocker is we realize too late that the mental and emotional relationship with those closest to us must be addressed."

- Jack C. Gerstel, Gerstel Associates, Inc.

The "magic" of this publication is that it promotes the writing of a personal journal... reflections, self-assessments, and self-expressions similar to diary entries, but with structure and the right questions to promote thinking and planning for "refirement."

The book dives into its Preface and initial sections, "Embarking on Your Journey" (1) and "A Roadmap to Retirement" (2), and then goes off to eleven "destinations" in its subsequent chapters:

3. "Understanding Your Feelings"
4. "The Transition from Work"
5. "Accepting a New Role"
6. "Discovering All You Can Do"
7. "Getting Straight About Money"
8. "Another Job or Business"
9. "Redefining Your Marriage"
10. "Being Single in Retirement"
11. "Managing Family Relationships"
12. "Looking to the Past"
13. "Planning Ahead"
14. "As One Journal Ends, Another Begins"



From the back cover of the book:

"When you retire, your emotions, lifestyle, and relationships undergo an enormous change. This comforting journal encourages you to examine the impact retirement will have on your life, invoking the healing power of writing to allow you to reflect upon and interpret your feelings."

"*The Healing Journey Through Retirement* is designed to help you look deep within yourself to determine what work has meant to you, explore what you want when you leave the work force, and shape your plans and expectations for the future. This inspirational resource will be your guide to redesigning and rebuilding a central structure for your life beyond work-and doing so with a renewed sense of purpose."

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R³ = Lists of potential guest conductors & accompanists...

The PMEA [Retiree Resource Registry](#) (R³) was recently updated. In addition, you may have noticed in emailed *PMEA Updates* the posting of names of willing (and very capable) band, choral, and orchestra conductors and accompanists - potential candidates to be considered for future PMEA fests and festivals.



The registry continues to serve 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. R³ helps retired members meet the challenge of finding purpose and meaning while remaining "connected" and active in music and education throughout their post-employment years.

To sign-up for R³ or download the contact information of these retirees, visit the PMEA retired member website: <https://www.pmea.net/retired-members/>.

Accompanists

Carl Barr
Pat Bove
Betsy Buzzelli-Clarke
John Devorick
Elizabeth Good
Estelle Hartranft
Leatha Kieser
Lori Luurtsema
Coleen Renshaw
Nancy Schelkopf
Lillian Stead
Regis Vrana
Susan Watkins

Guest Conductors

Edwin Arnold
Matthew Boice
David Buetzow
Arthur Chodoroff
Richard Coulter
William Croissant
Ron DeGrandis
Jeffrey Dent

Guest Conductors (continued)

John Devorick
Ted DiCola
Mark Edwards
John Feigh
Jim Falvo
Donna Fox
Bill Galvin
Paul Gerlach
Joyce Gerstenlauer
Elizabeth Good
Ronald Hill
Ben Holste
Priscilla Howard
Todd Hunter
Mark Jelinek
Folkert Kadyk
Daniel Kershetsky
Galen Leitzel
David Levin
Karol Mannherz
Bret Mascaro
Gary McKeever
Dan Meredith

Guest Conductors (continued)

Richard S. Miller
William Naydan
Charles Neidhardt
William Pendziwiatr
Mary Lynne Peters
John Potlunas
Bill Powers
Joyce Prichard
Robert Reid
Robert Rossi
Jim Seidel
David Sheaffer
Anne Sprissler
Bonnie Strang
David Swinehart
Marc Tourre
Susan Uzelmeier
Richard Victor
Ronald Wasser
Harding Whitacre
Janet Yamron
Tom Zumpella



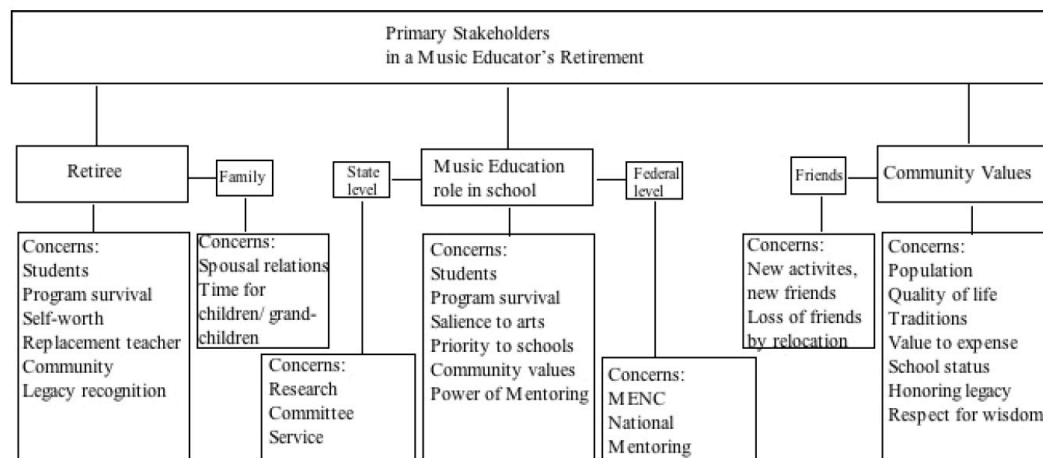


A dissertation about music teacher retirements (Part II)

Segue: Entering into a Legacy by Glen Terrance Solomonson

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

Although agreeably it is a lengthy work (more than 380 pages), Solomonson will entertain you! He has crafted his dissertation into a "work of art" chock-full of stories. Review the material set forth in the February 2018 **eNEWS** (especially "The Abstract" Page ii and "Introduction" Page 1). Read on! Be sure to reach Chapter 5, "Case Studies" (Page 49) and Chapter 6, "Considering Legacies: Colleagues and Communities" (Page 128). To bring closure to the case studies, you need to consume Chapter 9 "The Last Notes of Summer" (Page 294), especially "sipping and savoring" these sections to appreciate the author's artistry, colorful story-telling, and far-reaching and deep understanding.



- **"Those with the Most to Win or Lose"** (Page 297): "Undertaking the process of retirement is a major transition of any individual's life. Regardless of their profession, there are many emotional and sociological issues that the new retiree must face. Over the years, music educators tend to establish an inordinate number of associations with individuals who will eventually find themselves affected by the music educator's retirement, by sharing in their joy, coping with the adjustment to replacements, or facing the inevitable changes in community activities that were established by the music educator." (See above chart.)
- **"Issues and Influences in Transitions"** (Page 307): A parable about an Italian restaurant with amazingly good baked bread that cannot be duplicated using the same recipe. "Where does the difference come from? The same difference that changes the food we taste can be found in the art that we see, and the music that we hear. Those communities fortunate enough to have a flourishing music program in their schools have their own special recipe for engagement, motivation, and aesthetics. Many communities share common ingredients for their programs, but the outcome is never exactly identical... The personal relationship between the music educator and the musical stakeholders gives every community its own unique psychoacoustical fingerprint."

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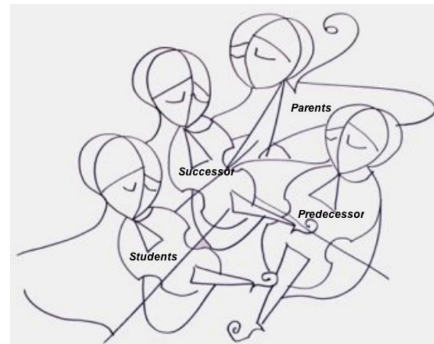


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- **"Epilogue: Giving Old Dogs New Faith"** (Page 342): "The primary participants in this study have not segued into silence. Nowhere is their continued presence in music education more evident, now nearly ten months after this study began, than at the Illinois Music Educators Association State Conference in Peoria. For the last three days I have had multiple encounters with all four of the primary participants, and a similar amount of contact with most of the secondary participants. For some retired music educators, attendance at the conference could be seen as 'a matter of habit.' For the primary participants in this study, the conference is more a 'matter of justification.' Each came with tasks to perform, new ideas to share, newer ideas to learn. If they, and their retired colleagues were not in attendance, the conference would have lacked the wealth of their experiences, the strength of their leadership, and the foundation of their legacies."



Successful Ensemble for Transition
Page 334

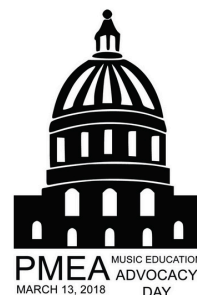
Solomonson's own conclusion involving the four detailed case studies:

"As was stated at the outset of the study, musicians are different from those who are different. For many who see them at work, making music often does sound like it is too much fun, too rewarding. The rewards have been earned through commitment, caring, and compassion for their students. Cindy, Bill, Peter and Rick have experienced all of the emotions that making music with students can provide - the good and the bad - and each has emerged with their own unique legacy to show for it."

Music Education Advocacy Day: March 13, 2018

<https://www.pmea.net/specialty-areas/advocacy/>

You are cordially invited to join the PMEA Advocacy Committee members participating in the 2018 PMEA Advocacy Day in Harrisburg on March 13, 2018. Your voice is valuable to the goal of making music and arts education a reality for every child in Pennsylvania.



If you plan to attend, please go to the advocacy website (above link), sign-up, and download several documents to help plan your visit to the State Capitol:

- Schedule
- How to Request a Meeting/Logistical Information
- 2018 PMEA Legislative Recommendations
- 2018 PMEA Legislative Recommendations with Talking Points
- What to Expect in a Legislative Meeting

Thank you for making a difference. Questions? Contact PMEA Advocacy Council Chair Mark Despokatias at mark.despotakis@progrmusic.com.

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THURSDAY 4/19/18	Info Booth Volunteers*	Sessions/Concerts**
7:30-8:25		Council for TTRR Meeting
8:30-9:15		Opening General Session
9:15 a.m.		Opening of the Exhibits
10:30-11:30	10:30 11:00	
11:30-12:00	11:30	
12:00-1:00	12:00 12:30	
1:00-1:30	1:00	
1:30-2:30	1:30 2:00 2:30	
3:00-4:00	3:00 3:30	The Magnificent Metamorphosis – Transitioning to a Happy Retirement
4:00-4:30	4:00	
4:30-5:30	4:30 5:00	
7:00-8:15		Parkside Harmony
8:30-9:45		Navy Commodores
9:45-11:15		College Receptions

***Wanted:** Volunteers to help “man” the PMEA Info Booth on Thursday or Friday, joining PCMEA Members with a variety of informal networking chores: “meeting and greeting” other PCMEA and PMEA members, giving directions to rooms, distributing materials and updated schedules, selling PMEA memorabilia, etc. After you review the conference schedule, please send your available times to Paul Fox, Retired Member Coordinator: paulkfox.usc@gmail.com. Thank you!

****Space is provided** for you to plan ahead and list your desired sessions. For details, go to your *PMEA News* or the PMEA website.

FRIDAY 4/20/18	Info Booth Volunteers*	Sessions/Concerts**
7:30-8:30		Retired Member Breakfast
8 a.m.-4 p.m.		Exhibits Open
8:30-9:30	8:30 9:00	
9:30-10:00	9:30	
10:00-11:00	10:00 10:30	
11:00-11:30	11:00	
11:30-12:30	11:30 12:00	
12:30-1:00	12:30	
1:00-2:00	1:00 1:30	
2:00-2:30	2:00	
2:30-3:30	2:30 3:00	
3:45-4:45		Friday General Session
7:30 p.m.		PMEA All-State Jazz and Vocal Jazz
SATURDAY 4/21/18	Sessions/Concerts**	
8:30-9:30		PMEA Awards Breakfast
10:30 a.m.		PMEA All-State Wind Ensemble & Concert Band
2:00 p.m.		PMEA All-State Orchestra
5:00 p.m.		PMEA All-State Chorus

PMEA Annual Spring 2018 Conference!

Retired Member volunteers wanted

Can anyone help serve as “Walmart greeters” at the PMEA Conference Info Booth?

Send an email to sign-up for any time (in half hour or more increments) in Lancaster, PA: Thursday 10:30 a.m. through 5:30 p.m. and Friday 8:30 a.m. to 3:30 p.m.

Happy trails, retirees. Please keep in touch with your PMEA colleagues and send us news, views, and updates (as well as RSVP for the conference breakfast and info booth times): paulkfox.usc@gmail.com. PKF

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