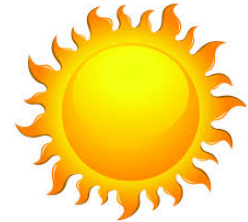




Happy Summer and **welcome** to the newest edition of **eNEWS** from the **PMEA Retired Member Network**... an informal alliance and forum for interconnecting retired music educators, and sharing their ideas, stories, successes, news, and views. Thank you for staying involved in PMEA and our profession!



Getting personal – What I am learning in retirement!

by Paul K. Fox, Retired Member Coordinator

Here are a few "retiree reflections" on my journey to "living the dream" since June 2013 when I left full-time employment... and my (and your) rationale for remaining involved in PMEA and our profession.

First, shouldn't we all emulate the message of that famous quote from one of my favorite movies written and directed by Frank Darabont and starring Tim Robbins and Morgan Freeman, *The Shawshank Redemption*? **"Get busy living or get busy dying."**

No, I'm not dead yet. Retirement has provided me countless new goals, pursuits, and brain stimulating activities. I just do not have enough time in the day to explore everything on my "bucket lists!" It has only been four years... and I have grown a lot!

I have learned how to build a WordPress blog site to write and post numerous online articles. **Wix.com**, **web.com**, and **WordPress.com** offer "free" web space. All you need is a "catchy" Google email address, to which the web-service will add its name. My "handle" is <https://paulkfoxusc.wordpress.com/>.

To work on several different PMEA committees and projects, I have learned how to use **Zoom Video Conferencing** and have participated in collaborative meetings on the web.

In addition, **State Executive Director Abi Young** has provided me free training and opportunities to use **Wufoo**, "the online form builder," to learn more than a little of the "science of making surveys" and gather data of member responses, as well as other online applications like **Submittals** and **Constant Contact**, an email marketing tool.

Using **GoToMeeting**, I have prepared and created webinar video presentations for the **NAfME Professional Development Academy**. (So far, four are "in the can!")

I have always felt that the most important focus on personal fulfillment - finding purpose, structure, and community in retirement - is to try to make a difference in other people's lives. As for PMEA, I have "thrown my hat in the ring" as your Retired Member Coordinator. Last summer, I accidentally stumbled into a summer meeting and

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by Paul K. Fox, PMEA Retired Members Coordinator

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was voted in as Chair of the *Council for Teacher Training, Recruitment, and Retention*. Not having a clue what I was (and am) doing did not seem to matter, only that I cared enough to "roll up my sleeves," volunteer some time, help bring clarity and inspire solutions to problems in many aspects of music education - pre- and in-service training, curriculum, instruction, and assessment. Best yet, other retired members have joined in to help - like *Nora Burridge* and *O. David Deitz!* Now is an exciting time for PMEA, with the adoption of our new governance and recently ratified five-year strategic plan! All of us have the opportunity of doing *really meaningful* work in support of PA arts education!

The NAFME webinars as well as the articles in *PMEA News*, *Edutopia* and *Majoring-in-Music.com*, *NAfME Music in a Minuet*, and these eNEWS have given me a "bully pulpit" and allowed me to "get things off my chest" while archiving my experiences, perspectives, and expertise. You, too, should consider sharing your legacy of hard-won knowledge, skills, and views in the subject areas you have mastered and truly love:

- Present a workshop to college music education majors or PMEA members.
- Produce a PMEA or NAFME webinar.
- Propose a session for a PMEA or NAFME conference.
- Volunteer to serve on the conference planning or performing group selection committees.
- Contribute an article to *PMEA News*.
- Guest conduct, coach, chaperone, or accompany a PMEA festival, etc.

I hope that you will continue to participate in PMEA. Obviously, retirees can say goodbye to their hectic 24/7 teaching schedules (for me, the changing mini-seasons of string and marching band camps, start-of-school, concerts, festivals, musical, and adjudications) and the stress of a full-time teaching position. However, **we can make a difference**, perhaps a little less engaged, but still "on board" helping our professional association and advocating for the success of music education. Please keep your membership up-to-date, join the **R³ (Retiree Resource Registry)**, serve at the conference as a presiding chair or PMEA Info Booth or registration aide, etc. **We need you!** We need your collective wisdom, experience, and the ability to predict, identify, and dodge problems before they become big issues... things you could do in your sleep after all your years of meritorious service!



Not convinced? If you have not seen it, please go to the PMEA Retired Member website and view the slide presentation, "**PMEA - What's in It for Me!**" Or, click on this link:

<http://www.pmea.net/wp-content/uploads/2014/10/PMEA-and-Retired-Membership-kiosk.pdf>.

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Have you seen these? Excerpts of online readings for the midsummer

Shared by Marie Weber, PMEA Retired Member and District 7 Immediate-Past President

- **"At 95, Composer George Walker Sustains a Creative Life That Is of a Very Rare Order"** from *Strings*: <http://stringsmagazine.com/composer-george-walker/>
"More and more, I realize the power of music—the power of the interval, of rhythm, of being exact in what I put down as what I meant to hear."
- **"The Importance of Personal Musical Enrichment for Educators..."** by Jennifer Steinfeldt Warren from *SB&O*: <http://sbomagazine.com/5834-the-importance-of-personal-musical-enrichment-for-educators-goals-ongoing-ensemble-experiences-and-retaining-professional-performance-as-instrumentalists-and-musicians.html>
"When we each began our journey into the musical world, something immense happened to inspire us to make music. Somewhere along the way, something wonderful that marked us as we saw it and we knew what we saw. We knew we wanted it. Something irregular, intense, meaningful. We discovered ours in the making of music. It would justify the many hours spent practicing and learning the instrument and the worlds that embrace it. Ours is a unique kind of journey; it is a serious commitment which requires the deepest desire and willingness to sacrifice a lot of one's time day after day."
- **"Sharing the Podium: Enhancing Your Students' Ensemble Experience"** by Lisa Martin and Michael King from *SB&O*: <http://sbomagazine.com/5833-sharing-the-podium-enhancing-your-students-ensemble-experience.html>
"Inviting veteran directors to take the podium can be a terrific learning experience, particularly for early-career conductors. Consider some of the challenges you have with your group, and prepare specific questions for the veteran teacher who will be joining your classroom. For example, you might point out that, despite your best efforts, the group always seems to slow down during a particular transition. The veteran teacher may have a few tried-and-true strategies in his or her back pocket that might help. If you assumed your current position from a director who retired, their perspective might be particularly useful, given their deep understanding of the student body and program's history."

Retired Member focus: Who is Marie Weber? Kudos to a major contributor!

One of our retirees is still at it... modeling professionalism and making a difference!

Marie Weber taught strings and was the orchestra director in the Lower Dauphin School District from 1976 until her retirement in June 2011. She also served as the music department coordinator. A violist, she has played in the Harrisburg Symphony, the Hershey Symphony, and the Central Pennsylvania Symphony, and served as conductor of the Harrisburg Junior Youth String Orchestra for more than 18 years and string coach for Harrisburg Youth



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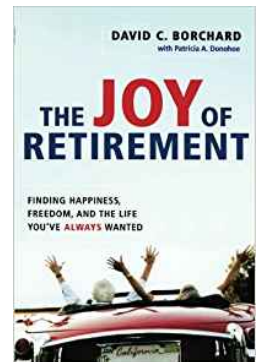
Symphony for 34+ years. She is currently on the Executive Boards of PMEA District 7 (Immediate Past President) and PADESTA. Ms. Weber is a member of the Retiree Resource Registry (R³). She has earned the 2012 PMEA District 7 Rodney S. Miller "Distinguished Music Educator" award, designated 1997 PADESTA with PSOA "String Teacher of the Year," 2004 PADESTA "Orchestra Director of Year" and 2011 PADESTA "Distinguished Service" honors, 2000 SBO "50 Teachers Who Make a Difference," "Who's Who in American Teachers," and the 1980 Lower Dauphin School District "Classroom Teacher of the Year" recognitions.

Think you can catch up with her? Attend a PMEA conference... she will likely be there providing assistance to her District 7 Board, PMEA staff, and PMEA retired members.

Book of the month: *The Joy of Retirement*

The more I research for resources on providing a smooth transition to retirement, the more "gems" pop up from the past. For instance, try *The Joy of Retirement* by David C. Borchard with Patrician A. Donohoe (AMACOM 2008), released nearly ten years ago! Very good choice!

The book promises to help you find "happiness, freedom, and the life you always wanted." The authors focus on "self-realization," as mentioned in the book's preface:



"As we age, however, a shift tends to occur. We stop being so concerned about how others see us and become more interested in being and becoming our 'natural selves...' The process of letting go and rediscovering or uncovering who you are in one of the wonderful benefits of graduating to the status of full-fledged senior... *The Joy of Retirement* presents mind- and vision-expanding perspectives for creating a lifestyle for your senior years that is meaningful, enjoyable, and rejuvenating."

Here is how the publication is laid out:

- Chapter 1 - Reinventing Your Life at Fifty-Plus
- Chapter 2 - Life Transitions: Endings and Beginnings
- Chapter 3 - Imagination and the Next Season of Your Life
- Chapter 4 - The Life Themes Profiler: Developing Themes for a New Life
- Chapter 5 - Self-Liberation" Transcending Old Roles
- Chapter 6 - Establishing Your Criteria for Fulfillment
- Chapter 7 - Connecting Your Talents to Interests
- Chapter 8 - Relating and Behaving Differently as a Senior
- Chapter 9 - Coming Home: Relocating to the Good Life
- Chapter 10 - Sustaining Vitality: Managing Your Changing Self in a Changing World
- Conclusion - Authoring Your Life

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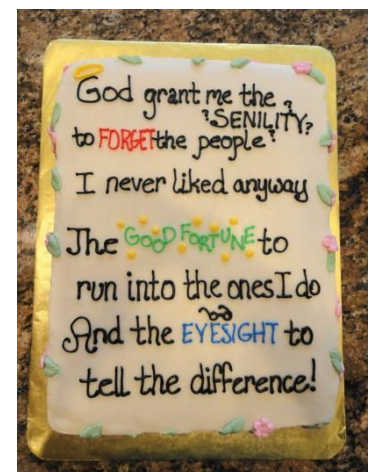


Online funnies... What is A.A.A.D.D.?

from <http://www.guy-sports.com> and <http://www.thinkadvisor.com/2015/09/16/31-best-retirement-jokes>

Recently, I was diagnosed with A.A.A.D.D. - Age-Activated Attention Deficit Disorder. This is how it manifests itself.

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide my car needs washing. As I start toward the garage, I notice that there is mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car. I lay my car keys down on the table, put the junk mail in the trash bin under the table, and notice that the bin is full. So, I decide to put the bills back on the table and take out the trash first. But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first. I take my checkbook off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Coke that I had been drinking. I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over. I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold. As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye: They need to be watered. I place the Coke down on the work surface, and I discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the work top, fill a container with water and suddenly I spot the TV remote. Someone has left it on the kitchen table. I realize that tonight when we go to watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back where it belongs, but first I'll water the flowers. I pour some water in the flower vase, but quite a bit of it spills on the floor. So, I set the remote back down on the table, get some towels and wipe up the spill. Then, I head down the hall trying to remember what I was planning to do.





At the end of the day:

- The car isn't washed.
- The bills aren't paid.
- There is a warm can of Coke sitting on the work surface.
- The flowers don't have enough water.
- There is still only one check in my checkbook.
- I can't find the TV remote.
- I can't find my glasses and I don't remember what I did with the car keys.



Then, when I try to figure out why nothing got done today. I'm really baffled because I know I was busy all day long and I'm really tired. I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my email.

P.S. I just remembered I left the water running...

Articles from our beloved "retirement gurus..."

- "Should Your Kids Take Care of You?" (*Kathy's Retirement Blog*) by Kathy Merlino:
<https://kathysretirementblog.com/2017/07/23/should-your-kids-take-care-of-you/>
- "12 Reasons You Will Love Retirement" (*Retire Fabulously*) by Dave Hughes:
<http://lovebeingretired.com/2017/06/16/tax-tips-in-retirement/>
- "Ten Ideas to a Successful and Happy Retirement" (*Retire Happy*) by Jim Yih:
<https://retirehappy.ca/ten-ideas-to-successful-and-happy/>

Reminder – It's time to renew your PMEA membership

<http://www.pmea.net/membership-information/>

According to the PMEA website (line above), the new log-in process to both the NAFME and PMEA websites is now updated. If you haven't done so already, please Log In by selecting the "Sign Up" tab and following the steps. If you enter your primary account email when signing up, it will detect your existing NAFME account and sync with it.

To renew or join PMEA online for the 2017-18 year, log-in to the PMEA website and then select the Join/Renew link at the top of the main page of the website. To pay with a check, download the PDF membership form or follow the steps to join/renew online, then select the option to create an invoice and pay by check. Retired membership dues are only **\$65/NAFME + PMEA** or **\$30/PMEA-only**. Be sure to update your profile to include a *home* email address... in case you no longer use your school district's account.

Happy trails, retirees. Be safe and happy! Enjoy the rest of your summer! PKF

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