



PMEA Retired Member Network eNEWS: September 10, 2017

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!

A trio of Labor Day and retirement articles "on the web"

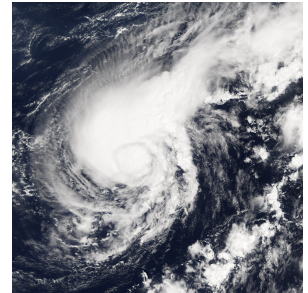
- <https://www.ushealthworks.com/blog/2013/08/celebrate-the-labor-in-labor-day-work-might-just-be-good-for-your-health/>
- <http://www.businesswire.com/news/home/20100901006305/en/Labor-Day-Survey-Retirees-Retirement-Working>
- <https://www.cbsnews.com/news/is-retirement-like-a-labor-day-barbecue/>

Volunteer to help hurricane victims

Links/ideas from <https://www.texastribune.org/2017/08/28/hurricane-harvey-relief-efforts-how-help/> and <http://www.cnn.com/2017/08/25/health/iyw-harvey-how-to-help/index.html>.

From *The Texas Tribune* and confirmed by our cable TV, we learned that "Hurricane Harvey ravaged the Texas coast and left Houston—the nation's fourth largest city—grappling with unprecedented flooding," and then Irma slammed into parts of Florida, the south, and the east coast!

If you are in the position to help alleviate the suffering caused by these weather disasters, the media suggest (refer to links above):



1. Donate food or cash to the food banks in your area.
2. Several local and national organizations are collecting donations for general disaster relief efforts, including [The Red Cross](#), [United Way](#), [Americares](#), [Salvation Army](#), [Save the Children](#), [Catholic Charities USA](#), [United Methodist Committee on Relief](#), [SBP](#), [Global Giving](#), [Direct Relief](#), [Heart to Heart](#) and [Southern Baptist Disaster Relief](#).
3. Gofundme has curated a list of [Harvey relief efforts](#), with fundraisers for individual cities, families and homes.
4. [Help teachers](#) in affected school districts rebuild their classrooms. [Teachers of Tomorrow](#), a Texas education organization, started a relief fund for educators affected by Harvey.
5. Donate blood through the [Red Cross](#).
6. Rescue a dog from a local shelter - make room for other pets dislocated by the hurricanes.
7. Several groups are seeking volunteers to help with recovery efforts. You can sign up for trips to the affected areas through organizations like [Samaritan's Purse](#), [SBP](#), [GivePulse](#), [Coastal Bend Disaster Recovery Group](#), [Team Rubicon](#) and [Voluntary Organizations Active in Disaster](#).
8. If you're overwhelmed by the options to give of your time, [VolunteerMatch.org](#) is a great source to connect with nonprofits, charities and other small organizations looking for help.

I thought it was interesting that, during the first week of the aftermath of the Texas storms, The Red Cross was seeking musicians to play at Austin-area evacuation shelters.

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Music ministry

Music can sooth the savage beast... even hurricanes! The cataclysmic storms left great misery and uncertainty in their wake... but, as one would expect, many church and volunteer groups "rose up" to the challenge to *make a difference*. Check out these headlines featuring stories of philanthropy, benevolence, and "the power of music!"

- **Mt. Prospect Music Festival Benefits Hurricane Victims:**
<http://www.dailyherald.com/news/20170830/mt-prospect-music-festival-benefits-hurricane-victims>
- **Music for Ministry Brings Fellowship, Aid to the Greenwood Needy:**
http://www.indexjournal.com/news/music-for-ministry-brings-fellowship-aid-to-greenwood-needy/video_3c2004aa-8be4-11e7-bfa9-93855f540c7f.html
- **County Artists Support Harvey Storm Victims:**
<http://www.cmt.com/news/1785904/country-artists-support-harvey-storm-victims/>
- **ColdPlay Are Dreamin' of Houston in Tribute Song to Hurricane Harvey Victims:**
<http://ew.com/music/2017/08/29/coldplay-houston-hurricane-harvey-tribute-song/>

More inspiration from *Kathy's Retirement Blog* on Sept. 3: "Ahhh - Autumn"

by Kathy Merlino <https://kathysretirementblog.com/2017/09/03/ahhh-autumn/>

- "Though autumn won't officially start for another couple of weeks, Labor Day often marks the end of summer. If the kids aren't already back in school, they will start this coming week after a final summer hoorah of barbecues, clam bakes or camping trips. While the smells of freshly polished linoleum and cleaning fluids will greet them next week, those of us on the other end of the age scale can plan our fall travel. The younger set, with or without children, have most likely already taken vacation and are back at school or work."
- "Even if it's in our own backyard, we are most likely to find parks, beaches, museums and shops less crowded. For the adventurers among us, roads and airports will be less traveled and hotels and airlines offer up lower rates. Those of us not tethered to school calendars can take advantage of this season before the holidays set in."
- "Fall is a favorite season for travel. Fewer crowds, lower prices, cooler weather and still plenty to do from bicycling to hiking to lolling on the beaches or climbing a mountain trail, natural beauty abounds before the winds of winter blow. Museums, trendy or untrendy shops, restaurants, antique malls and galleries await. Autumn wonders beckon. Where will you go this season?"



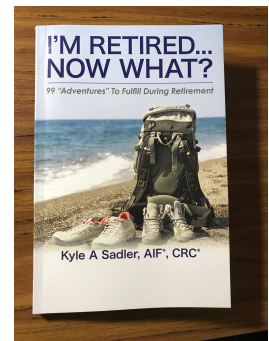
Click the above link to read the full article. Also, especially for *new retirees*, check out her blog-post "**The Transition**" at <https://kathysretirementblog.com/stress-and-emotion/>.





Book-of-the-Month: *I'm Retired... Now What?*

Literally "retirement by the numbers," quick and easy to read, the book *I'm Retired... Now What? 99 "Adventures" to Fulfill During Retirement* by Kyle A. Sadler (2015) is a charmer! Thumb through the 108-page paperback and stop at any page randomly, and you will be treated to totally unique and refreshing perspectives and projects to make your retirement "free-time" more meaningful and satisfying:



- Page 5, Adventure #5: "Conquer a Fear" (confront your phobias)
- Page 18, Adventure #17: "Beach Combing" (but in *all* the coastal states)
- Page 32, Adventure #33: "Crafting Items for Donation" (create-to-give)
- Page 35, Adventure #36: "Naming a New Star" (discover and register it with IAU)
- Page 43, Adventure #43: "Researching Your Genealogy" followed by...
Page 60, Adventure #56: "Visiting the Country of Your Ancestral Origin"
- Page 53, Adventure #51: "Creating a Family Cookbook" (publish it online)
- Page 74, Adventure #70: "Grant Writing" (create an intriguing proposal)
- Page 80, Adventure #80: "Planting Trees" (beautify and clean the environment)
- Page 86, Adventure #86: "Donating Your Clothes to a Local Theater" (cleanout)
- Page 88, Adventure #89: "Organizing a Community Festival" (focus on the arts)

According to the author, this book "wakes you up to a world of possibilities just waiting to enliven your new everyday reality." He concludes in his foreword: "I don't want to hear you're bored; there's more than enough to do. Remember, life is an adventure."

The "last word" comes from the back cover:

"You still have a lot to give—to your family, friends, and community—and the world holds an abundance of fun and worthwhile experiences for you. Learn how to live deeper, longer, and happier as you fully embark on your latest adventure." — Kyle A. Sadler

Aging Problems

http://www.guy-sports.com/virtual/retirement_stories.htm

Visiting Doctor Ross last month, Paula, a long-retired schoolteacher, explained in some detail her problems while he listened very patiently.

"Now, Paula," said Doctor Ross, "You say you have shooting pains in your neck, aching knees, frequent dizzy spells, and constant nausea. Just for the record, how old are you?"

"Ah, yes," Paula spoke brightly, "I'll be 49 on my next birthday."

"Really?" commented the doctor quietly, "I see you have slight memory loss, too."



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Encounter with a dentist... same class?

http://www.guy-sports.com/virtual/retirement_stories.htm

While waiting for my first appointment in the reception room of a new dentist, I noticed his certificate hanging on the wall; it gave his full name. Thinking hard, I remembered that a tall, handsome boy with the same name had been in my high school class some 36 years ago.

Upon seeing him, however, I quickly discarded any such thought. This balding, grey-haired man with the deeply lined face was way too old to have been my classmate.

After he had examined my teeth, I asked him if he had attended the local high school. "Yes," he replied.

"When did you graduate?" I asked.

He answered, "In 1971. Why?"

"You were in my class!" I exclaimed.

He looked at me closely, and then the thoughtless idiot asked, "What did you teach?"

What I have learned about "ethics and education"

From the desk of your retired member coordinator...

After been asked to do a session on **ethics for music educators** at an upcoming PMEA professional development day, I jumped into a lot of online research and perused resources on the PA Department of Education websites, among others. First, I had to get over wondering why this topic was necessary, and then I discovered quite a few "scary things" I never knew:



- Did you know "we" have a PA Code of Professional Practice and Conduct? (In 43+ years involvement in the field of education including my college days, I never once heard about the work of Dr. Oliver Dreon from Millersville University and the PA Professional Standards and Practices Commission: www.pspc.education.pa.gov/.)
- Have you seen the "Educator Ethics and Conduct Toolkit" including a bunch of frightening scenarios on teacher misconduct? <http://www.pspc.education.pa.gov/Promoting-Ethical-Practices-Resources/Ethics-Toolkit/Pages/default.aspx>
- Of the five "professions" of people who are also "fiduciaries" - teachers, attorneys, doctors, therapists, and the clergy, teachers are the only group that works primarily with a captive audience and does not receive formal pre- and in-service ethics training.
- In 2015, there were more than three times the number of teacher misconduct complaints since 2011, and more than 41% of the 2015 case resolutions resulted in loss of certification.
- According to a Shakeshaft study (2004), 9.6% (4.5 million) of U.S. students said they suffered some form of sexual abuse by a school employee during their K-12 school careers. <https://www2.ed.gov/rschstat/research/pubs/misconductreview/report.pdf>

You are invited to read my three blogs on the subject: <https://paulkfoxusc.wordpress.com/>.

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Information on the PA ESSA Plan!

<https://cqrceengage.com/pmea/essaug17>



pennsylvania
DEPARTMENT OF EDUCATION

As a citizen of the Commonwealth of Pennsylvania, it is our right and our duty to monitor the actions of our "government of the people, by the people, for the people..." including the PA Department of Education... no matter how confusing and political the process is. I encourage you to maintain your "expert status" as a music education advocate and keep yourself "in tune" to the **Pennsylvania Consolidated Plan of the Every Student Succeeds Act** (ESSA) now submitted for federal approval. Thanks to a large part of the efforts of PMEA State Advocacy Council Chair **Mark Despotakis**, Executive Director **Abi Young**, and President **Henry Pearlberg**, PMEA's well-worded, very detailed, and hopefully impactful response to the Pennsylvania ESSA draft document is now posted online at <https://cqrceengage.com/pmea/file/Rm4XkTAyYIs/PMEA%20ESSA%20Ask%20Document.pdf>. FYI, the advocacy section of the PMEA website is at <https://www.pmea.net/specialty-areas/advocacy/>.

Still looking for a cartoon artist and other authors to "spice up" **eNEWS**!

Do you have your own ideas for a little political satire about music education? We are seeking the submission of short articles (anecdotes, opinions, tips, poems, jokes, etc.) or art work. Make this *your* forum! Please email the PMEA Retired Member Coordinator: paulkfox.usc@gmail.com.

Upcoming conferences... "places to go, things to see!"

Mark your calendars!

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

<https://nationalconference.nafme.org/>

- **PMEA Spring Conference** April 19-21, 2018 in the Lancaster County Convention Center
- **PMEA Summer Conference** July 17-18, 2018 at the Red Lion Hotel in Harrisburg
- **NafME National Conference** November 12-15, 2017 in the Gaylord Texan Resort & Convention Center.



Traveling solo – "advice of the month" from **Retire Fabulously!**

<http://retirefabulously.com/blog/2017/09/04/how-to-enjoy-the-adventure-of-traveling-solo/>

From time to time, it is a good idea to check-in to Dave Hughes' inspirational website on a wide variety of topics "to envision, plan for, and enjoy the best retirement possible." (Be sure to read his latest insightful article about taking trips - see the link above).

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Ravings about our retirees and soon-to-be-retirees...

Hip-hip-hooray! Our latest recruit to the **Retiree Resource Registry (R³)**, retired from the Avonworth School District, is **Regis Vrana**.

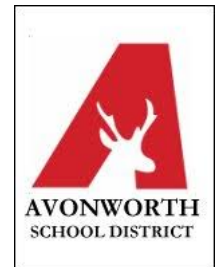
If you wanted to know his jobs during his 30+ year career, it might be easier to ask him what he didn't teach! Vrana "made meaningful music" in General Music grades 6-8, 8th grade Guitar class, Middle School Chorus, High School Theatre Productions (stage crew), Music Theory, History of American Popular Music, History of American Musical Theatre, and High School Concert Choir. Whew!



"A familiar face around PMEA," Vrana has served as piano accompanist for many Honors, Junior High and Senior District, and Regional State Choral Festivals, as well as pianist for many high school musicals in Pennsylvania. (Hint: I think he would like to continue playing Broadway shows! Call him! Once it is updated, go to the R³ for his contact info.)

On his R³ survey, he indicated interest in serving as an adviser, consultant, or volunteer in a variety of areas:

- HS and MS Choral
- HS and MS General Music
- HS and MS Musicals
- Music Appreciation
- Theatre Technology
- Accompaniments
- Auditions



Best wishes for a happy, healthy, and rewarding retirement, Regis! You've earned it!

Talking about planning ahead! Another "awesome" colleague, **William Ricketts** of the William Penn School District, although not retired yet, has "really got his act together!" Although planning to retire in December 2022, he has already joined the R³, and has indicated the areas in the registry he would be willing to "lend a hand" for PMEA:

- EL Band
- Community Ensembles
- Festival Preparation
- Hosting a Festival
- Webinars



Happy trails, retirees. Please stay connected to *your* PMEA! PKF

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