

PMEA Retired Member Network eNews: January 5, 2015

by Paul K. Fox, PMEA Retired Members Coordinator

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Here's to a happy, healthy, peaceful, prosperous, and (most important) *meaningful* New Year!

Introducing the **PMEA Retired Member Network**... an informal alliance for interconnecting retired music educators and sharing their ideas, stories, successes, news, and views via this e-mail address. Nothing super-serious, but here's the chance to collaborate and stay involved!

Please send me "stuff" I can pass on to our retired music teachers. Also, be sure to visit our section on the PMEA website: <http://www.pmea.net/retired-members/>.

Some Retired Member official business

Have you responded yet to our Retiree Resource Registry survey?

See <https://pmea.wufoo.com/forms/pmea-retiree-resource-survey/>.

Also, please RSVP if you can attend the PMEA Annual State Retired Member breakfast in the Hershey Lodge on Friday, March 27 at 7:30 a.m. Reply to this e-mail if you can come!



A little inspiration (?)

My favorite quote (adulterated from a Tommie Copper TV commercial):

There are no age limits for realizing your dreams.

From Brian Tracy's Blog "19 AWESOME Inspirational Quotes for New Year's 2015," here's another terrific quote for exploring new directions and initiatives in the New Year:

If this was the best year of my life, what would have to happen?

Go to Tracy's website for more thought-provoking revelations:

<http://www.briantracy.com/blog/personal-success/inspirational-quotes-for-the-new-year/?cmpid=2312&proid=6619>.

Just because we are retired does not mean we need not make a few goals for 2015! You may be as busy and "scheduled" as I am, but what is your "plan" or mission for the coming year? I recommend avoiding those superficial and almost always temporary "New Year's Resolutions" (by now we have already broken them, right?), but instead embrace some of the teachings of our fellow musicians/music teachers/leadership trainers Michael Kumer, Bill Galvin, Tim Lautzenheiser... among others.

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Take to heart what authors Ken Blanchard and Spencer Johnson suggest in formulating goals in their book *One Minute Manager*:

1. Announce and **write out** your goals.
2. Goals need to be 250 words or less (can be read in one minute).
3. Goals should be specific and measurable.
4. Goals should be frequently reviewed and adjusted.

After you make your goal(s), it's time to **live your dreams** and find joy in your life! Just like music, life is not a spectator sport! Check out creating those "bucket lists" at these websites: <http://www.bucketlist.net> or <http://bucketlist.org/how-it-works>.

Just "food for thought" for a happy retirement! Please keep in touch! PKF



E-Mailed to PMEA Retired Members on January 5, 2015

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