

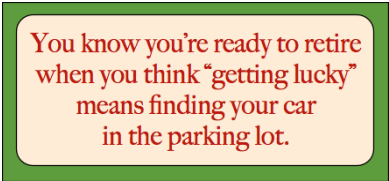


Welcome to the latest edition of **eNEWS** - the **PMEA Retired Member Network**... an informal alliance and forum for interconnecting retired music educators, and sharing their ideas, stories, successes, news, and views. Thank you for staying involved in PMEA!

Retirement “funnies!”

<http://www.funny-jokes-quotes-sayings.com/funny-retirement-quotes.html>

- My parents didn't want to move to Florida, but they turned sixty and that's the law. - *Jerry Seinfeld*
- When some people retire, it's going to be mighty hard to be able to tell the difference. - *Virginia Graham*
- People are always asking me when I'm going to retire. Why should I? I've got it two ways. I'm still making movies, and I'm a senior citizen, so I can see myself at half price. - *George Burns*
- Retirement is like a long vacation in Las Vegas. The goal is to enjoy it to the fullest, but not so fully that you run out of money. - *Jonathan Clements*
- Two weeks is about the ideal length of time to retire. - *Alex Comfort*
- Retire for what? What would I do? I made my name as a person that is helping. I'm like Moses in the music business. - *James Brown*
- We spend our lives on the run: we get up by the clock, eat and sleep by the clock, get up again, go to work - and then we retire. And what do they give us? A bloody clock. - *Dave Allen*
- You must prepare yourselves, young people, because Uncle Dave's generation is getting old. We are almost ready to go to the retirement home to spend the rest of our days tapping our bedpans rhythmically in time to "easy listening" rock 'n' roll. We must pass the torch on to you, and you must grasp it, ideally by the end that is not on fire. - *Dave Barry*
- Few men of action have been able to make a graceful exit at the appropriate time. - *Malcolm Muggeridge*
- For far too many people, retirement may be described as living in the past lane. - *Mardy Grothe*



From our PDE rep: “If Your Teacher Looks Like You, You May Do Better...”

Special thanks to retired member O. David Deitz, serving as “our” representative for PA arts education <http://www.npr.org/sections/ed/2017/09/29/552929074/if-your-teacher-looks-likes-you-you-may-do-better-in-school>

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Spotlight series on “retiree hobbies and pastimes” – David Levin

Peeks of our retired members' new sidelines

Lathe (noun) - a machine for use in working wood or metal that holds the material and rotates it about a horizontal axis against a tool that shapes it.

Recently featured as a relative newcomer to PMEA in “Heard Through the (Vintage) Grapevine” (*PMEA News* - Summer 2017 issue), **David Levin** relocated to the Pittsburgh area from the Montgomery County Schools in Maryland.



Although continuing to develop his own musicianship on the trumpet, he teaches privately, serves as assistant director of the South Hills Junior Orchestra, has joined the PMEA *Retiree Resource Registry*, and said he

would like to get involved in some capacity that will benefit local music programs e.g. “coaching sectionals, preparing for festivals, guest conducting” and helping new teachers or transfers in “conducting, music selection, setting rehearsal priorities....”



When he is not making music or working with students, David's hobby is unique... and shows amazing skill and artistry... **“lathing!”** It's probably no surprise to anyone

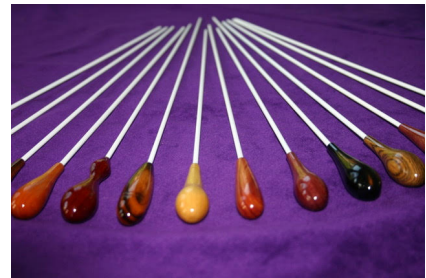


that an individual who has devoted his entire life to the pursuit of “creative self-expression” and helping others discover their own aesthetic sensitivities and skills would be able to apply his artistic talents to another media... woodworking!

Check out these incredibly beautiful works of three-dimensional art. I “test drove” one of his early creations as he was learning how to weight the baton appropriately. Once finished, it literally “glides” as you conduct! If you are curious how he got started with using a lathe

or becoming a craftsman for these projects, drop him an email: levinfsh@verizon.net.

For what it's worth, my junior high shop teacher (and wife, who does most of our household repairs) would be relieved to know that I continue to “shy away” from using saws and drills or any other “sharp” construction tools.



Next, we are looking for retirees who enjoy **model railroading**. Please send photos to accompany a short description on what you do in your free time during retirement: paulkfox.usc@gmail.com.

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Age Wave updates

"Breakthrough Initiative for Next Alzheimer's XPrize" September 11, 2017

<http://agewave.com/media-briefing-team-seeks-xprize-for-alzheimers/>

"The Longevity Revolution and Its Emerging Economy" August 21, 2017

<http://agewave.com/the-longevity-revolution-and-its-emerging-economy/>

"How to Capitalize on the Longevity Marketplace" May 23, 2017

<http://agewave.com/watch-ken-dychtwald-explain-how-to-capitalize-on-the-longevity-marketplace-at-aarps-innovation50/>

According to their website, Age Wave is the nation's foremost "thought leader" on issues relating to an aging population, with great expertise in the profound business, social, healthcare, financial, workforce and cultural implications.



"Under the leadership of Founder/CEO Dr. Ken Dychtwald, Age Wave has a unique understanding of the body, mind, hopes and demands of new generations of maturing consumers, and workers and their expectations, attitudes, hopes, and fears regarding retirement."

Some of the most astounding statistics about retirement and our maturing populations have come from this website. I recommend perusing their material... Ken Dychtwald is a psychologist, gerontologist, expert on aging issues, and more importantly, a great keynote speaker.

"15 Practical Ways to Live a Purposeful Life" from *Intentional Retirement*

by Joe Hearn at <http://intentionalretirement.com/2013/08/15-practical-ways-to-live-a-purposeful-life>

1. Know your "Why."
2. 80/20 your life.
3. Don't let meaningful dates sneak up on you.
4. Always know "What's next."
5. Add more time.
6. Control more of the time you have,
7. Focus on the milestones.
8. Given the choice between "more stuff" and "more experiences," choose the latter.
9. Consistently shake up your routine.
10. Create some margin in your life.
11. Schedule the "fun" stuff.
12. Make a Bucket List.
13. Curate your life.
14. Dream big.
15. DON'T WAIT!



Read the entire article ([link above](#))

"Life isn't about finding yourself. Life is about creating yourself." - George Bernard Shaw

Check out Joe Hearn's blog on this topic:

<http://intentionalretirement.com/2017/09/dont-find-create/>

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“You Know You Are Ready to Retire When...” from *JokeQuote.com*

by Greg Tamblyn at <http://www.funny-jokes-quotes-sayings.com/funny-retirement-quotes.html>

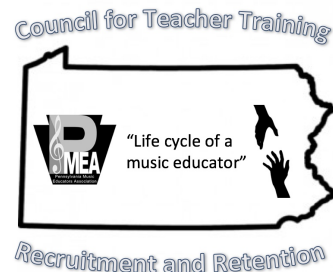
1. You remember where your office is, but not exactly what you do there.
2. It's less embarrassing to carry your dog's pooper scooper than your briefcase.
3. You've been drinking the office coffee so long you think it actually tastes good.
4. Spreading sheets sounds more appealing than a spreadsheet.
5. A "nice little fling at the office" means you hit the wastebasket with a wad of paper.
6. The office stock boy is younger than your grandkids.
7. You can't remember when it was that they offered you an early retirement package, but you're pretty sure Reagan was president then.
8. When the guys ask you if you're "getting any," you think it means sleep.
9. You have enough money for a yacht, but a pop-up camper sounds like more fun.
10. The candles on your birthday cake set off the office smoke alarm.
11. Your computer screensaver is a scene from *Green Acres* - so you can daydream about that farm you always wanted.
12. The "girls at the office" really do seem like girls.
13. You're not sure how to work the fax machine, and have no idea what a scanner is.
14. In the middle of your retirement party you want to lie down and take a nap.
15. You keep referring to the TV remote as the "turner-upper."
16. You can't remember how old you are.



News from the Council for TTRR

With a mission "to discuss strategies [and implement programs] which support the life cycle of a music educator," several retired members including Nora Burr ridge, O. David Deitz, and yours truly, have joined the ranks of PMEA Higher Education and Society for Teacher Education representatives, PCMEA officers and their sponsor, and the PMEA Mentor and Tri-M chairs to form the PMEA State Council for **Teacher Training**,

Recruitment, and **Retention**. Our overarching purpose is "the planning of meaningful projects and services for the involvement of future music teachers (high school and collegiate), first-year music educators (and those in the first five years), veteran teachers, mentors, department chairs, cooperating teachers, TRI-M and PCMEA members and leaders, Higher Education teachers, SMTE members, and retired members." Quite a daunting plan, would you say? Maybe a little overwhelming! Well, so far, here are what "we proud few" have accomplished:



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PMEA Retired Member Network eNEWS: October 17, 2017

by Paul K. Fox, PMEA Retired Members Coordinator

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- Brainstorming goals and action plans for three Council for TTRR subcommittees at the PMEA Spring Conference and online (Zoom) meetings:
 - **Training** of pre-college, pre-service, in-service, retired members in career development to support professionalism, career exploration, growth and change, and personal goal setting.
 - **Recruitment** of quality and engaged candidates to college music education programs.
 - **Retention** and engagement of urban, rural, minority, disadvantaged, and more diverse music teachers and students in the profession.
- Brainstorming **"How Can PMEA Help?"** and "what to get across to HS students" to prepare secondary students for college and a career in music education: skill sets and knowledge needed, possible design of HS "intro to music education" curriculum, intern programs, retiree mentors, etc., with venues to "reach-out" to potential future music educators: website, *PMEA News*, presentations at host meetings, video, and conference panel session.
- Organization of a panel discussion session at PMEA 2018 Spring Conference (Lancaster) **"So You Have a Student Who Wants to Follow in Your Footsteps!"** to highlight conversations high school music educators should be having with students who show interest in pursuing music education as a career.
- Creation of **Superintendent Survey** soliciting music teacher hiring data, methodology for posting/filling job openings, and polling current trends in music program and staffing additions/cuts.
- Development of **career development panel, online, workshop, and other resources** by five levels to include secondary students ("Pre-College"), PCMEA/Collegiate ("Pre-Service"), active members ("In-Service"), retired members, and nonmembers.
- Promotion of new and enhanced **opportunities for diversity, access, and equity** in music education, including working in urban/rural teaching settings, recruiting more minority students and teachers, and evolving new/alternative ensembles
- Review of PMEA State Strategic Plan for inclusion of specified Council for TTRR goals
- Emailing of several digital newsletters (*Collegiate Communiqué*) to PCMEA members and higher education teachers.

Mark your calendars – PMEA Spring Conference

The 2018 PMEA Annual In-Service Conference will be held on April 19-21 at the Lancaster Marriott & Convention Center. More information will be available later this week! Be the first to register for that retiree discounted fee of \$10! Go to: <https://www.pmea.net/pmea-annual-in-service-conference/>.



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Book-of-the-month review:

Revitalizing Retirement: Reshaping Your Identity, Relationships, & Purpose

by Nancy K. Schlossberg (Go to her website: <http://www.transitionsthroughlife.com/>)

From Amazon.com editorial review: "In preparation for retirement, we are often urged to build up our financial portfolio or perhaps down-size our home or move closer to family. Often neglected in this process, however, are the psychological ramifications that come with the transition into retirement. It is important for retirees to make a financial plan for their retirement, but also to take stock of their psychological portfolio at the same time. This means taking an honest look at how your sense of identity will change with retirement, how your relationships and support systems may change, and how your sense of purpose will be affected."



Do you feel "needed" and currently "making a difference" during retirement? In the introduction to her book *Revitalizing Retirement*, Nancy Schlossberg unveils and dissects a new term as it is applied to transitioning and managing our post-full-time employment "golden years..." **mattering**. Believe-it-or-not, she quotes her "centerpiece" from a book on adolescent boys and delinquency by Rosenberg and McCullough:

"It has been suggested that one problem of retirement is that one no longer matters; others no longer depend on us... The reward of retirement, involving a surcease from labor, can be the punishment of not mattering. Existence loses its point and savor when one no longer makes a difference."

Schlossberg offers a recipe of four ingredients that help give a sense of mattering to your life:

1. Getting involved and staying engaged,
2. Harnessing the power of invitations,
3. Taking the initiative, and
4. Doing your best to make others feel that they matter.

The book is laid out like a "tutorial" - with chapters containing stories from actual retirees that are modeling positive ways to pursue an enjoyable retirement. At the end of each section, there are quizzes and discussion questions offered for reflection of the material and personal self-assessment.

I heartily recommend picking up a copy - and dive in! To quote the final chapter's titles, go "create a lifetime of possibilities" and "make happiness your priority!"

Happy trails, retirees. Best wishes for a satisfying and meaningful retirement! PKF

