

Happy Halloween and welcome to the next 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 via this e-mail address. Thanks for contributing to and staying involved in PMEA and our profession!



Links to a "life of leisure"

When I retired from full-time teaching, extracurricular activities, and administrative work, I felt the time was ready to finally trade in my necktie for a new pair of loafers. (Actually, I would never have predicted that I could become "so informal" to go out of the house in casual shoes, not wear a button-down shirt, suit and tie, and occasionally not even shave!) But, **being retired has a lot of privileges:**

- Freedom from a hectic, almost "impossible to enjoy" daily schedule
- The ability to slow down and smell the roses (or what's cooking in the kitchen)
- A calmer, more reflective perspective... better for our imagination and dreaming
- Focus on relationships
- New priorities and goals, such as renewed personal music-making, writing, reading, exercise, travel, hobbies, caring for grandchildren, or whatever "floats your boat"

Creative self-expression was the capstone of our career in music education. To be happy in retirement, we should revisit our roots in music performance and the arts! Please peruse the PMEA website to download a list of community band, orchestra, and choral ensembles available in your locality of which you can become a member!

How to survive this "passage!" If you have recently ventured through a few of the huge "ups and downs" of transitioning into retirement, issues of coping with the sudden "identity crisis," emotional rollercoaster rides, and changes in life style, definitely check out my blogs... and the next article in the retired members' section of **PMEA News:**
<https://paulkfoxusc.wordpress.com/2015/07/09/advice-from-music-teacher-retirees-to-soon-to-be-retirees/>

Health, fitness, stamina, and happiness! Retirees are not "couch potatoes!" Click on
<https://paulkfoxusc.wordpress.com/2015/07/06/thoughts-on-retirement-exercise-and-balance/>.

Pets and retirement! Unless you have never walked a dog, you probably have not taken the time to notice the laws of and subtle variations in nature... such as how trees delay the rain but can later get you good and wet, or the gradual but accelerating changes in the color of the grasses through the summer and the leaves during the fall. Read my "puppy blog" for more retiree insights we may have missed when we were fully employed!
<https://paulkfoxusc.wordpress.com/2015/09/22/what-i-have-learned-from-my-dogs-in-retirement/>



Giving back! The free time we have in retirement allows us to serve others!

<https://paulkfoxusc.wordpress.com/2015/08/14/retirement-reflection-renewal-benevolence/>

The R³ allows you to “archive your successes” and sign-up to help other music teachers!

Speaking of volunteering, the Retiree Resource Registry (R³) and the accompanying R³ Help Index are posted online within the Retired Member section of the PMEA state website:

<http://www.pmea.net/retired-members/>.



If you are interested in registering as an informal adviser or consultant to PMEA members, please fill-out the Retiree Resource Survey:

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

Community bands, orchestras, and choirs

We added a lot of new entries to our “nearly-comprehensive” directory of community ensembles, so please go to the website and download two new files dated 10/28/15. Most recently, PMEA contributors Timothy Ellison, Joshua Gibson, and Betty Hintenlang joined our “dream team” of researchers/editors Jo Cauffman, Susan Dieffenbach, Rosemary Haber, Ada Jean Hoffman, Thomas Kittinger, Joanne Rutkowski, and Marie Weber. **Did we miss any from your area?**

More news from PMEA

- Information for reserving a hotel room at the Hershey Lodge, PMEA's “headquarters hotel,” will be available on the PMEA website on **November 2**.
- Reminder: Retired members will receive (drastically) reduced conference registration rates, and will enjoy a “free” retiree breakfast meeting during the PMEA Spring Conference. **Hope to see you in Hershey!!**
- Nominations for the Citation of Excellence (Elementary level for 2016), PMEA Hall of Fame, James R. Stewart Distinguished Service Award, Outstanding Superintendent, and Outstanding Young Music Educator awards are all due on **December 1**. Further details and the online applications can be found on the PMEA website (www.pmea.net) by selecting the Scholarships and Awards link under the “Resources” menu option.

We'd like to hear from YOU!

“What the buzz, tell me what's a happening...” Send us news about our retired members and stay connected via e-mail paulkfox.usc@gmail.com. Happy trails, retirees! PKF

