



PMEA Retired Member Network eNEWS: November 9, 2017

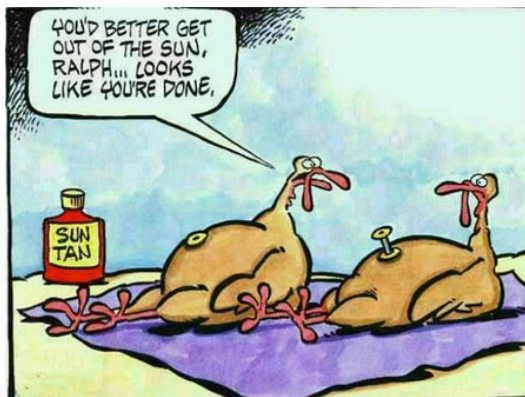
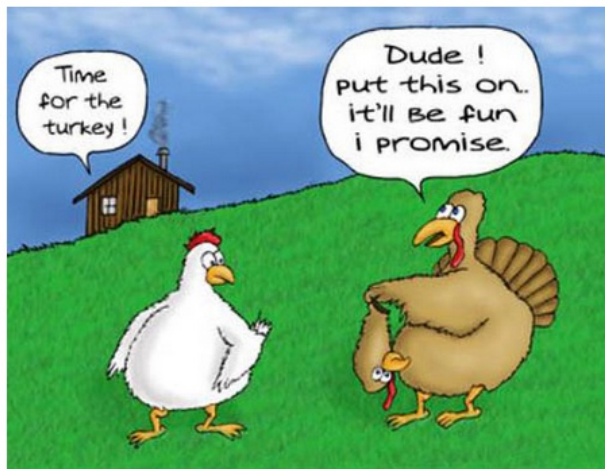
by Paul K. Fox, PMEA Retired Members Coordinator

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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! Please enjoy this double-sized eNEWS and celebrate both Veterans Day & Thanksgiving!

A couple cartoons and jokes to usher in the Thanksgiving holidays

<http://www.you-can-be-funny.com/Thanksgiving-Cartoons.html>



Happy
Thanksgiving,
from and to
all PMEA
Retired
Members



The most stressful part of a
Cannibal Thanksgiving is deciding
who is going to be the turkey...

<http://www.jokes4us.com/holidayjokes/thanksgivingjokes.html>

- What do you call an evil turkey? Poultry-Geist
- What did the turkeys sing on Thanksgiving Day? God save the kin.
- What did the mama turkey say to her naughty son? If your papa could see you now, he'd turn over in his gravy!
- Why did they let the turkey join the band? Because he had the drumsticks.
- What's the best dance to do on Thanksgiving? The turkey trot

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Summaries on web articles... to keep up your online reading "chops!"

"If Something Happens to You" by Joe Hearn (October 10, 2017)

<http://intentionalretirement.com/2017/10/if-something-happens-to-you/>

Watching on TV all the weather disasters that recently slammed into Texas, Florida, Puerto Rico, and other states, it occurs to me that we should all revisit the details of our household "disaster plan" (or create one). "Would you know what to grab if you only had seconds to escape your house?" Joe Hearn's blog covers the topic well, and he even sells a kit to prepare for the unexpected so not to leave a disorganized mess for the entire family: <http://intentionalretirement.com/ishtm-kit/>.



"Fraud Prevention Checklist" by Marie Villeza

<http://elderimpact.org/fraud-prevention-checklist/>

Based on the National Council on Aging's "Top 10 Scams Targeting Seniors," this is a "must-read" article - probably one of the most comprehensive guides on technology and communications fraud... and specific steps (and additional links) to avoid becoming victimized. The sections:

1. "Hi Grandma, it's me..." - The Grandparent Scam
2. "I'd like to help you deal with your loss..." - Death scams
3. "Let's reassess your home" - Real estate scams
4. "Hi, I'm a Medicare Representative..." - Medicare fraud
5. "Affordable prescriptions available here..." - Drug scams
6. "With modern science, who needs wrinkles?" Fake anti-aging products
7. "Update! Click here..." - Internet fraud (including email/phishing)
8. "I am a Nigerian prince..." - Financial schemes
9. "You've won the lottery!" Contest scams
10. "Hello there, we need your help!" - Bogus Telemarketers



"Why You Should Write Your Life Story" by Dave Hughes (October 29, 2017)

<http://retirefabulously.com/blog/2017/10/29/why-you-should-write-your-life-story/>

Dave's latest posting is about capturing your life in a memoir. Helpful prompts:

- What major events happened during your lifetime? How did they impact you?
- How did you meet your spouse?
- What are your favorite memories from childhood?
- What are a few of the most memorable places you have visited?
- What music did you listen to at various times of your life? What are your favorite books, movies, and TV shows?
- Who are some of the most significant people from various stages of your life?





A musical celebration of Halloween – Mark Jelinek

Our last issue of *Retired Member Network eNEWS* showcased Greg Maiocco's "spooky artwork." This time, moving from the visual to audio representations of the season's "dark holiday," we heard that Mark Jelinek conducted three Youth Series concerts with the Southwest Symphony of Hobbs, New Mexico, presenting a Halloween theme and featuring the following selections:

- Berlioz: *March to the Scaffold* from "*Symphonie Fantastique*"
- Stephenson: *The Legend of Sleepy Hollow*
- Saint-Saëns: *Danse Macabre*
- *Fantastic Beasts and Where to Find Them*

Retired in 2015 from the Bloomsburg University, Mark served as guest director of the 2012 PMEA All-State Orchestra, 2006 and 2014 District 8 Orchestra, the 2015 Northeast Region Orchestra, and Region Orchestra in Odessa Texas. He is a member of the [Retiree Resource Registry](#), and has offered to help other PMEA members and pre-service teachers in the following areas:

- HS Strings
- Collegiate Strings
- Music Appreciation
- Community Ensembles
- Guest Conducting
- Higher Education
- Traveling Tours



In transition – Bill Pendziwiatr



Five years ago, PMEA State President (2012-14) William Pendziwiatr started teaching general music in a Catholic elementary school where his grand-daughters attended. This led him into offering to do a program of instrumental music for the 4th and 5th graders. Now, according to his Facebook page, Bill has agreed to serve as the Principal of this school (but only for a few weeks in November... after all, he *is* retired!).





Book-of-the month: *What Color Is Your Parachute? for Retirement*

by John E. Nelson and Richard N. Bolles (Ten Speed Press, 2007)

"I prefer instead to think of life in terms of music. My favorite metaphor is that of a symphony. The symphony traditionally has four parts to it - four movements, as they are called. So does life. There is 'infancy,' then 'the time of learning,' then 'the time of working,' and finally, this time that we are talking about, often called 'retirement.' But, if we discourage the use of the word 'retirement,' then this might better be called the Fourth Movement.

"The Fourth Movement, in the symphonic world, is a kind of blank slate. It was and is up to the composer to decide what to write upon it. Traditionally, the composer writes of triumph, victory, and joy - as in Beethoven's Symphony No. 3 (Eroica). But it may, alternatively, be a kind of anti-climactic, meandering piece of music - as in Tchaikovsky's Symphony No. 6 (Pathétique). There the Third Movement ends with a bombastic, stirring march. The Fourth Movement, immediately following, is subdued, meditative, meandering, and sounds almost like an afterthought.

"Well, there are our choices about our own lives: shall the Fourth Movement, the final movement of our lives be Pathétique or Eroica - pathetic or heroic? Your call!"

— from the book's Preface by co-author Richard Bolles



Published by the same company that has brought us many other self-help books on retirement like the pair of Ernie Zelinski writings *How to Retire Happy, Wild, and Free* and *The Joy of Not Working: A Book for the Retired, Unemployed and Overworked*, this edition is part of *The Parachute Library*. It is not intended as a substitute or replacement for its best-welling centerpiece, *What Color Is Your Parachute? A Practical Guide for Job Hunters and Career-Changers*, but as a supplement to it. As promised by the back cover, it contains updates throughout, "including a section on Social Security, an in-depth exercise on values and how they inform your retirement map, and the one-of-a-kind resource for organizing the sea information on finances and mental and physical health: The Retirement Well-Being Profile."

Although I have not totally consumed this exhaustive paperback (and need to go back and reread several sections), I did enjoy the discussion on that familiar three-legged stool analogy, illustrating the premise of an insecure foundation - "a creaking and cracking and wobbly" model supported by the three pillars of Social Security, employer pensions, and personal savings, and transforming it to the five pillars of true retirement





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financial security: **P**ersonal savings, **E**mployer plans, **R**eal estate, **K**eeP working, and **S**ocial Security, which spells the acronym **PERKS**.

You can learn a lot about a book by perusing the chapter titles:

1. Retirement Is Dead - Long Live Retirement
2. The Retirement You've Always Wanted but Forgot About
3. The Life You Can Live (Right Now)
4. Retirement Economics Is More Than Personal Finance
5. A New Approach to Retirement Security
6. The Nature of Space and Time
7. Medicine - Who's in Charge?
8. Health from The Inside Out
9. A New Chapter in Psychology
10. Happiness Is Only Real When Shared
11. The New Retirement - and Undivided Life



According to co-author John E. Nelson, the best way to work this book is to actually do the exercises, fill in the blanks, and write all over the pages. "I provide you with a process for designing your ideal retirement. But you, dear reader, must provide the content. That's how you make this your book, instead of my book. After all, it's your retirement, isn't it?"

Top-ten quotes on retirement

<http://www.wow4u.com/toptenretirement/>

1. "It's with joy and sadness that we say farewell tonight. No one more loved or respected has earned this right." *Charley D.*
2. "Retirement is like a long vacation in Las Vegas. The goal is to enjoy it the fullest, but not so fully that you run out of money." *Jonathan Clements*
3. "Don't simply retire from something; have something to retire to." *Harry Emerson Fosdick*
4. "There is a whole new kind of life ahead, full of experiences just waiting to happen. Some call it 'retirement.' I call it bliss." *Betty Sullivan*
5. "The trouble with retirement is that you never get a day off." *Abe Lemons*
6. "A gold watch is the most appropriate gift for retirement, as its recipients have given up so many of their golden hours in a lifetime of service." *Harry Mahtar*
7. "Retirement means doing whatever I want to do. It means choice." *Dianne Nahirny*
8. "I'm retired - goodbye tension, hello pension!" *Author Unknown*
9. "Sooner or later I'm going to die, but I'm not going to retire." *Margaret Mead*
10. "There's never enough time to do all the nothing you want." *Bill Watterson*

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Not another book to read! How about a \$10 e-book?

The Music Teacher's Later Years: Reflection with Wisdom

<https://books.google.com/books?isbn=1574634429>

What's my criteria for recommending a publication to you? Does it bring something new to the table? Did I learn something about myself or others in the profession? Is it relevant to today's practice of music education and/or retirement? Does it help satisfy at least one retiree's curiosity or thirst for new information, self-help, or a re-focus on new goals? Does it confirm or archive past experiences in a career of teaching music-making and personal pursuit of creative self-expression?

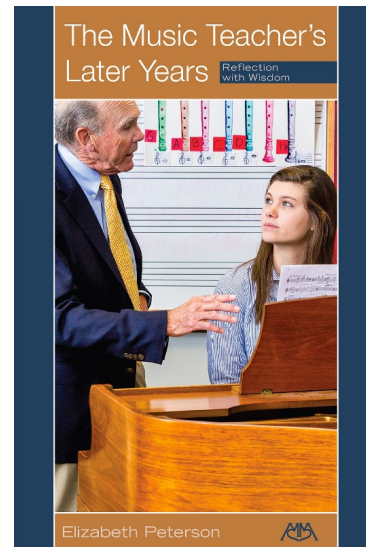
How about all-of-the-above?

Copyright in 2016 by Meredith Music Publications and available from Google Books, Elizabeth Peterson's *The Music Teacher's Later Years: Reflection & Wisdom*, "hits the nail on the head" with a collection of music teacher stories covering this author/editor-inspired essential questions:

- What was your most memorable musical experience?
- Where/when did you teach? Describe the community (socioeconomic, diversity, etc.).
- Tell me about your philosophy of music. Did it change throughout your career?
- What are some of the biggest changes you have seen in music education during your career?
- Based on your experience mentoring and supervising, how can young teachers best prepare to teach music?
- Do you have advice or words of wisdom to share regarding music selection/curriculum? Classroom management? Relationships with parents/guardians?
- If there was one thing you could do differently, what would it be?

Peterson interview twenty music educators, most of whom started in the profession in the 1970s and had thirty or more years of experience.

"These conductors and teachers dedicated their life's work to making music with children through singing and playing. While they taught music and music values, they did it through the performance medium of the large ensemble. What emerges from their stories is a clear statement on values. Their stories remind us that at the heart of every conversation about the present and future of music education - be it about administration, assessment, data, educational trends, or improvement - we must always value two things most: children & music."





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Talk about "preaching to the choir!" These are the principles we all hold dear, even in post-employment participation in community music ensembles!

As I started unraveling her work, I bumped into a name familiar to a few of us PMEA "old-timers" and retirees: **John Thomson**, originally from East Allegheny High School near Pittsburgh, PA. John recently retired from New Trier High School in Winnetka, Illinois, but will be remembered as a very successful band director with concert bands from both of his schools invited to perform at the prestigious Midwest International Band and Orchestra Clinic in Chicago. John's philosophy of music education and how it evolved in his career is detailed in Chapter 5, "Musical Mentors."



From the other end of our "keystone state," Chapter 16 is devoted to "Setting High Expectations, Part II" and features another veteran teacher contributing to the public schools of Philadelphia and Pocono Mountains, PA and Virginia for thirty-seven years: **John Casagrande**. One reflection he shared about his players' two-way communications:

He enjoyed the rapport he had with his high school students where they could have 'talking only' rehearsals. He said, "Every once in a while, if we had a terrible rehearsal, we could talk about it, and they could tell me what was going on." He also would invite students to occasionally, at the end of rehearsals, write down their thoughts - about anything. John said, "It wasn't always comfortable and it sometimes hurt, but they could write down what I could do better. I kept learning, and they knew they were valued."



Veterans Day "in the news"

"Retired educator uses veterans archives to teach on WWII"

The Homer News, November 4, 2017

<http://www.fresnobee.com/entertainment/article182762591.html>

"Veterans Day 2017: Parades & ceremonies honor those who served"

PA PennLive, November 3, 2017

http://www.pennlive.com/life/2017/11/veterans_day_2017_parades_and.html

"A team of women from the VA is combing through Puerto Rico searching for veterans in need"

Pittsburgh Post-Gazette, October 13, 2017

<http://www.post-gazette.com/news/nation/2017/10/12/A-team-of-women-from-VA-is-combing-through-Puerto-Rico-searching-for-veterans-in-need/stories/201710120238>

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Veterans Day facts from *The History Channel*

<http://www.history.com/topics/holidays/veterans-day-facts>

- 16.1 million living veterans served during at least one war.
- 5.2 million veterans served in peacetime.
- 2 million veterans are women.
- 7 million veterans served during the Vietnam War.
- 5.5 million veterans served during the Persian Gulf War.
- Of the 16 million Americans who served during World War II, about 558,000 are still alive.
- 2 million veterans served during the Korean War.
- 6 million veterans served in peacetime.
- As of 2014, 2.9 million veterans received compensation for service-connected disabilities.
- As of 2014, 3 states have more than 1 million veterans among their population: California (1.8 million), Florida (1.6 million) and Texas (1.7 million).
- The VA health care system had 54 hospitals in 1930, since then it has expanded to include 171 medical centers; more than 350 outpatient, community, and outreach clinics; 126 nursing home care units; and 35 live-in care facilities for injured or disabled vets.



Did you know? *Veterans Day originated as "Armistice Day" on November 11, 1919, the first anniversary of the end of World War I? Congress passed a resolution in 1926 for an annual observance, and November 11 became a national holiday beginning in 1938. Unlike Memorial Day, Veterans Day pays tribute to all American veterans — living or dead — but especially gives thanks to living veterans who served their country honorably during war or peacetime.*

"Take two" (minutes) and watch the excellent video "Veterans Day by the Numbers" at <http://www.history.com/topics/holidays/veterans-day-facts>.

Also on the History.com website, there are two additional digital presentations:

- **"A Leap of Faith: A WWII Story"** (12 minutes): *A World War II veteran shares the story of the harrowing six months he spent in German prison camps and his eventual triumphant return to the United States. At just 18 years old, Hjalmar Johansson went on his first WWII mission as a nose gunner in a B-24 bomber. When his squadron came under heavy fire, Hjalmar and the rest of the crew were forced to abandon their plane behind enemy lines with no help in sight.*
- **"Pearl Harbor Veterans on the Price of Freedom"** (3 minutes): *In honor of Veterans Day, survivors of the 1941 Pearl Harbor attacks share their insight on war, sacrifice, and remembering their fallen comrades.*





From YouTube (NBC Sports, October 30, 2017):

“Ben Roethlisberger on CTE, Retirement & Future Health”

<https://www.youtube.com/watch?v=OnyEw6AaOgI>

Pittsburgh Steeler's quarterback (#7) Ben Roethlisberger sits down in an interview with Michele Tafoya to talk about his future, concerns over brain injuries, and when he'll know it's time to retire.



Thanksgiving inspiration:

“5 Toasts for Thanksgiving Dinner: Do You Have Something to Say?”

<https://www.babble.com/mom/5-toasts-for-thanksgiving-dinner-do-you-have-something-to-say/>

“For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends.” — Ralph Waldo Emerson

“Reflect on your present blessings, Of which every man has many, Not on your past misfortunes, Of which all men have some.” — Charles Dickens

“May your stuffing be tasty. May your turkey plump. May your potatoes and gravy, Have nary a lump. May your yams be delicious, And your pies take the prize. And may your Thanksgiving dinner, Stay off your thighs.” — Author Unknown

“Blessed are those that can give without remembering and receive without forgetting.” — Unknown

“Feeling gratitude and not expressing is like wrapping a present and not giving it.” — Unknown

Thanksgiving music:

“Playlists for Every Type of Turkey Day Celebration”

https://www.huffingtonpost.com/2012/11/21/thanksgiving-music-playlist-turkey-day_n_2172267.html

Worth a look from *Huffpost*, which in collaboration with Songza, an innovative music streaming and lifestyle website, offered the following categories of music playlist links for your listening pleasure:

- Warm, Rich & Autumnal Music
- Vintage Cooking Music
- Beautiful Dinner Music
- Family-friendly: Classic Hits
- Indie Thanksgiving
- Family Friendly: Today's Hits
- Bonus Playlist



Happy trails, retirees. Best wishes for good health, happiness, and memorable “fun” family-time on Thanksgiving! And, to all Veterans, thank you for your awesome service to our country! PKF

