



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!

Cartoons and jokes to “ring in” the festive season

<https://www.pinterest.com/explore/christmas-cartoons/>



<http://www.funology.com/christmas-jokes/>

- What do Santa's elves learn in school? The Elfabet.
- What does Santa like to do in the garden? Hoe, hoe, hoe!
- What do Santa's elves drive? Minivans.
- What is Claustrophobia? The fear of Santa Claus.
- What breakfast cereal does Frosty the Snowman eat? Snowflakes.
- What do you call a cat sitting on the beach on Christmas Eve? Sandy Claws.
- Where does the snowman hide his money? In the snow bank.
- What type of cars do elves drive? Toy-otas.
- What kind of motorcycle does Santa ride? Holly Davidson.
- What do you call a bankrupt Santa? Saint Nickel-less.

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Two pages of five more summaries on retirement web articles

"What Is Stopping You from Financial Success?" by Sarah Milton

<https://retirehappy.ca/stopping-financial-success/>

Guest writer to Jim Yih's *retirehappy* blog-site, Sarah explores the psychology of investing and a few of the "money demons" that show up as "dark thoughts and feeling of apathy and helplessness" that discourage our "moving forward" in financial planning:



1. Feeling Overwhelmed
2. Frustration
3. Fear

Her conclusion? "Identifying and tackling your money demons and learning a little about your money psychology might go a long way towards creating the changes necessary for you to build a financial future that makes you happy."

"Make Your Retirement a Healthy One" by Joseph Byrne

<http://lovebeingretired.com/2017/10/31/make-your-retirement-a-healthy-one/>

Not another blog-post about health and wellness in retirement? Nope! This is a guest post by Joseph Byrne, Founder and CEO of EmpoweredAge.com, a service that connects highly-skilled retirees to part-time or short-term consulting projects in various industries. Instead, Joseph offers rationale and advice on working after retirement. Although sounding more than a little like an advertisement for Empowered Age for finding part-time consultant work, he supports many of the points I have shared previously with our PMEA Retired Members:

- "Work offers a routine and purpose, a reason for getting up in the morning."
- "Working later in life - and past the 'typical' retirement age - can actually be a significant health benefit."
- "47% of retirees say they are either working or plan to work in retirement."

"Values" by Kathy Merlino

<https://kathysretirementblog.com/2017/11/12/values/>

Kathy brings a fresh perspective about one of retirement's greatest gifts: "the ability to be true to your values like no other time in your life."



"In my experience, when I find myself dragging my feet to do something with or for someone else, it's because I'm not being true to my values. If I find myself unhappy, it usually has something to do with ignoring my values. A large part of our happiness quotient comes from being authentic. Retirement offers the perfect time for us to be exactly that."

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"What the Holidays Look Like After Retirement by Maryalene LaPonsie

<https://money.usnews.com/money/retirement/aging/articles/2017-11-22/what-the-holidays-look-like-after-retirement>

Admittedly, the holidays may seem a little different that first year (or two) out of the workforce. According to *U.S. News and World Report Money* contributing writer Maryalene LaPonsie, "Thanks to reduced obligations and increased free time, retirees may be better able to savor the season." However, she warns. "Seniors need to be wary of common pitfalls that can trip up holiday celebrations later in life, not the least of which is overspending."



The blog-post brings up several important issues and good recommendations:

- Consider scaling back gift giving.
- Don't underestimate the negative effects on the long-term value of your investment portfolio if you continue to lavish gifts on family members.
- Lack of budgeting and willpower may contribute to the overspending problem.
- Factor travel and health into the planning of holiday trips.
- Keep "the kids" in the loop about these changes.
- Consider that cash may be a welcome gift for teens and young adults.
- Another option is donating to a college savings plan.

"Holiday Blues: If You're Feeling Stressed, Here's How to Cope" by Claudia Buck

<http://www.sacbee.com/news/local/health-and-medicine/article122572629.html>

Feeling a little down or a "seasonal bout of sadness" over the holidays? No matter what the age, experts say that's completely normal! Read the helpful suggestions here!

"The most-wonderful-time-of-year stuff is an unfortunate jingle for the season," said Dr. Ken Duckworth, medical director for the National Alliance on Mental Illness, based in Arlington, Va. "It sets up expectations that make people feel they've failed."

Duckworth is also a big believer in seeking out other people to help fight the winter depression. "Plug into some larger community, whether it's volunteering in a food pantry or going to a church. It's being part of something bigger than yourself."

The Sacramento Bee website also provides tips for "beating the holiday blues" from the Mayo Clinic (summarized):

1. Acknowledge feelings.
2. Reach out.
3. Be realistic.
4. Set aside grievances.
5. Remember loved ones.
6. Take a breather.
7. Stay healthy.

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Music ministry – Dan Meredith

One of the favorite pastimes for many of our music teacher retirees is spending more time with their church music programs. This is from Dan Meredith:

"As a new retiree, I'm excited to devote more time to my music ministry. I present concerts of worship music and lead praise and worship for various events. I did it part-time while teaching and am enjoying devoting my full attention to it in retirement. Here is a photo from the Crystal Spring Camp Meeting in Crystal Spring, PA this past August."



Dan retired in 2017 after 33 years of service to the Southern Fulton School District. His job assignments included K-8 General Music, Elementary Chorus, Junior High Chorus, Senior High Chorus, Music Theory, Music Technology, Guitar, High School Musical Director, and Elementary Musical Director. He had a rich and vast career providing unique leadership in a lot of different areas:

- 2001 Pennsylvania Teacher of the Year Finalist
- PMEA All State Chaperone Coordinator
- Guest Conductor - Clearfield County, PA and Schoharie County, NY
- Course Co-Developer, Blended Schools Online Music Appreciation Course
- Music technology workshops for Tuscarora Intermediate Unit 11, PMEA District 4, Franklin-Fulton County Music Educators Association, Huntingdon County Schools, Fulton County Schools

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:

- Guest Lecturing
- Guest Conducting
- MS Band
- HS Band
- Collegiate Band
- MS Jazz
- HS Jazz
- MS Strings
- HS Strings



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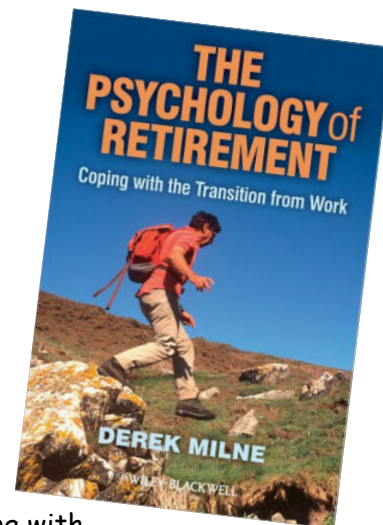




Book-of-the month: *Psychology of Retirement*

by Derek Milne (Wiley Blackwell, 2013)

"There are many books on retirement, but this is the first to draw thoroughly on psychology, being the most relevant discipline for formulating the challenge of coping with the transition to retirement. In order to illuminate retirement through psychology, this book applies well established theories, recent research evidence, retired peoples' personal experiences (in case study format, filtered through my own professional understanding of what helps to develop through life, based on my work as a clinical psychologist with adults in Britain's national health service over the past 33 years. I also retired myself a couple years ago, so I have a personal perspective. Work on fostering human development with athletes, coaches, and university students is a further source of guidance.



"Based on these foundations, this book provides has primer in coping with retirement by highlighting core issues and challenges, identifying positives, suggesting options, and encouraging and optimistic and constructive approach to this vital transition, complementing the traditional emphasis on the physical and financial aspects of retirement. These aspects of retirement are captured with a R.E.C.I.P.E. for addressing this major and rather special transition:

- **R**esources (e.g. sufficient memory)
- **E**xercise
- **C**oping strategies
- **I**ntellectual activity
- **P**urpose
- **E**ngagement (social support)

"Unlike earlier transitions, retirement offers a golden period that starts when working life ends. It is golden because it represents a long-awaited opportunity to develop particular talents and interests, free from the draining demands of work. It is also golden because the time and talent are there, as never before." — by Derek Milne, from the section "About This Book and Author"



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by Paul K. Fox, PMEA Retired Members Coordinator

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In my presentations on retirement, we discuss the crucial impact of emotional transitioning or "coping" with the change of status, expectations, and perspectives during retirement. Author Derek Milne brings out the additional terms of "resilience" and "flourishing." He provides several models of good mental health:

- Being able to use your talents and energy productively;
- Enjoying challenges and gaining pleasure from accomplishing tasks;
- Being capable of sustaining a meaningful love relationship (including genuine intimacy and caring);
- Finding meaning in belonging and contributing to your community (e.g. guiding and nurturing others);
- Being responsive, sensitive, and empathic to other people's needs and feelings;
- Appreciating and responding to humor;
- Coming to terms with painful experiences from the past (e.g. finding meaning in them);
- Being comfortable and at ease in social situations; energetic and outgoing; and
- Being conscientious and responsible.

This is a slower read than some of the books I recommend, probably due to his extensive ramblings fraught with a high-density of psychological terms. However, the case studies are excellent, and provide insightful examples of the core issues and challenges, helpful in finding meaning and responses to the questions, "Who are you?" and "How are you feeling?" and "What is the good life (in retirement)?"

Bringing his experience as a clinical psychologist (30 years working with adults in Britain's National Health Service) to the mix of our other self-help texts, Milne's secret "gold mine" is worth the cost of the paperback... his bibliography, notes, and recommended readings on pages 177-188. In a word... WOW!

Welcome to our newest music teacher retirees

Thanks to PMEA state administrative assistant Kelly Gressley who keeps track of our data, the following PMEA members became "recent graduates" from full-time employment and have joined the ranks of those "living the dream!" With *Pomp and Circumstance* playing in the background, our congratulations and BRAVOS go to:



Beth Lewis, Oswayo Valley ES
Joseph Nebistinsky, Northern HS
William Rosetti, Shady Side Academy
Sherie Strohman, Annville ES
Ellen Stuckey, North Bedford ES

Regis Vrana, Avonsworth SD
Ronald Wasser, Berwick Area HS
Franklin Wastler
Headley Woolson

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ArtsEd Digest: November 15, 2017 issue

<http://portal.criticalimpact.com/vm2/60929f2ad835c7b2/25742/045b88b4beed8d9340b32229e92119a4>

This is an interesting digital periodical, and offers updates from a variety of sources:

- "New Success Story and Guest Blog Post: ArtsConnection's Digital DELLTA Program"
- "New Music Education Resource from VH1 Save the Music: 2017 Principal's Guide"
- "Resources Available Form Americans For the Arts' State Policy Pilot Program"
- "Mastering the Arts Program to Provide Arts-Based Professional Development for Teachers"

The Arts Education Partnership (AEP), a center within Education Commission of the States, is established through a cooperative agreement between the National Endowment for the Arts and the U.S. Department of Education. AEP serves as the nation's hub for individuals and organizations committed to making high-quality arts education accessible to all U.S. students, improving arts education practice, and researching how art influences and strengthens American education.



More "Fox" epistles: the *paulkfoxusc* Wordpress blog

<https://paulkfoxusc.wordpress.com/category/retirement-resources/>

Check out this link to my new articles on preparing, assessing, and enjoying retirement:

- "How Retirement Has Changed Me... Revisited"
- "T-Minus Three Years... and Counting"
- "New Dreams and Horizons"

In addition, (I think) I am finished diving into the "wonderful world of teacher ethics" with an exhaustive series on the subject: <https://paulkfoxusc.wordpress.com/category/ethics/>.

I'm not sure who will ever read it. In my entire 44+ years of pre- and in-service training in our profession, I recall having ZERO exposure to full-blown ethics training (except a couple half-hour sessions on sexual harassment in the workplace, diversity training, and student privacy laws), and yet teachers are "fiduciaries" like doctors, lawyers, mental health professionals and the clergy, and have a legal responsibility to embrace, strictly abide by, and enforce their ethical code of conduct and support the well-being of their students. Now, as retirees, we have less or little contact with children, unless... Are any of you giving private lessons, coaching marching bands or musicals, or serving as directors of church groups or youth ensembles? Have you ever read the **PDE Code of Professional Practice and Conduct for Educators?** <http://www.pspc.education.pa.gov/Statutes-Regulations-Policies-Forms/Code-of-Professional-Practice-Conduct/Pages/default.aspx>



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Random retirement wishes

<http://www.ventanawinds.com/retirement-wishes-100-quotes-continued/>

- As one chapter ends, another begins. Welcome to your new-found freedom!
- A wife's full-time job starts when her husband retires. Glad to see you got promoted!
- Never again will you have to dread Mondays! Every day for you is the weekend now! Lucky you!
- Wishing you the longest most joyous retirement possible!
- Retirement is the world's longest coffee break. Enjoy your coffee!
- I'm so happy to see you reach your goal! Retirement holds new beginnings for you. Seek out everything that retirement has to offer you
- Retirement is all about embracing your future and the leaving the past behind. Enjoy the years ahead!

You are invited to a retirement session at the PMEA Spring Conference

The Magnificent Metamorphosis: Transitioning to a Happy and Meaningful Retirement

Clinician: Paul Fox

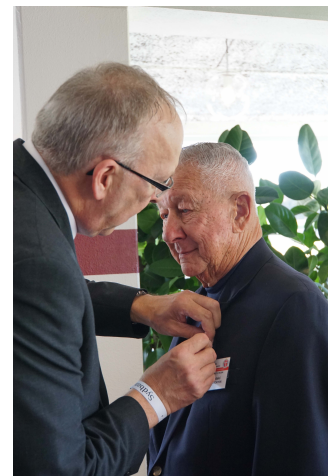
April 19, 2018 at 3:00 p.m. in the Lancaster Convention Center

What ever happened to... Stanley Michalski?

I am happy to report that you can't keep an active "bandmaster" down... and Maestro Stanley Michalski continues to do great things "down south" and all over the world.

You may recall that Stanley retired in 1992 as Professor Emeritus from the Clarion University. His email to me updated his status:

"Sure miss a lot of the Pennsylvanians that I worked for and with over the many years while I was in PA. I came down to Charlotte, NC to be with the children. Offered my service gratis to assist with the Diocesan Instrumental Music Program... now we have 7 instructors and 425 students playing instruments... so much for retirement!"



Over the summer, we learned that he was awarded the **Gold Medal of Honor** by the **Danish Association of Marching Showbands** for his work as adjudicator for their biannual music festival, having judged concert bands, small ensembles, marching bands in parade and marching bands presenting field show performances in Denmark five times over the past 12 years.

The only American recipient of the award, Stanley Michalski was presented the Gold Medal in July 2017 by Carsten Petersen, the National Chairman of the Danish Association of Marching Show Bands.

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NAfME unveils... Amplify



If you renewed your NAfME membership, you must have noticed the flurry of emails regarding the new online "community platform" that allows members to connect with other music educators, participate in discussions, and share resources.

You should take the time to peruse their website: <http://community.nafme.org/home>.

Although it is a lot to grasp at first, this "digital bulletin board" (that's what *I* call it) seems to have much to offer. Log in with your free **Amplify** account using your NAfME email and password. Check your profile (you can even add a bio, education, job history, and your photo). From the profile page, skip over to the tab "My Account" and review your settings (save any changes):

- Privacy Settings
- Community Notifications
- Email Preferences

You can get started by reading the posts on the **Music Educators Central** community or join the other available communities under the Communities tab within the main navigation bar. Here is their initial listing of communities:

- | | |
|---------------------------------------|----------------------------|
| • Adult and Community Music Education | • Innovations |
| • Affective Response | • Instructional Strategies |
| • Assessment | • Learning and Development |
| • Children with Exceptionalities | • Music Teacher Education |
| • Creativity | • Orchestra |
| • Early Childhood | • Perception and Cognition |
| • Gender and Sexuality | • Philosophy |
| • General Music | • Popular Music Education |
| • History | • Social Sciences |

Although still in its infancy, I believe the purpose of **Amplify** is to allow NAfME/PMEA members opportunities to voice their views and perspectives, ask questions, and share experiences and expertise in a public forum.

Happy trails, retirees. Wishing you a warm, peaceful, and happy holiday season! PKF

