



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! Complimentary to **ALL PMEA members** (page 4 on) in this special end-of-the-school-year "Are you thinking about retiring?" issue, enjoy tips on prepping, "surviving and thriving," and assisting your pre- or post-retirement decision-making for "living the dream!"

Clean "senior" jokes... all the way from Texas

<https://www.elderoptionsoftexas.com/jokes.htm>

A wife was making a breakfast of fried eggs for her husband.

Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I just wanted to show you what it feels like when I'm driving."

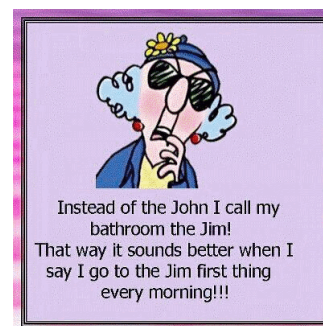
A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden, the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"

A woman on the phone to her friend: I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take and aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."





The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."



The church held a "Marriage Seminar" and the Priest asked Luigi, as his 50th wedding anniversary approached, to share some insight into how he managed to stay married to the same woman all these years. Luigi replied to his audience, "Well, I tried to treat her well and spend money on her. But the best thing I did was take her to Italy for our 20th anniversary."

The Priest said, "Luigi, you are an inspiration to all husbands here today. Please tell the audience what you plan for your wife for your 50th anniversary." Luigi proudly replied, "I'm gonna go and get her."

A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on.

Finally, he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man. "Is there anything I can do for you?" "Yes," she said, "As I'm leaving, can you say, 'Good bye, Mother?' It would make me feel so much better." "Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" He asked, "I only purchased a few things!" "Your mother said that you would pay for her," said the clerk.

"It's been said that 'Laughter is the Best Medicine.' Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. So, here's to living a longer and healthier life." [Special thanks to *Elder Options of Texas* for these "gems!"]





Kudos to a model music teacher, mentor, and leader in music education

As far as I am concerned, all retiring music teachers deserve a "ticker-tape" parade and a surprise alumni reunion party, like the one "sprung" on "Glenn Holland" in the 1995 hit movie *Mr. Holland's Opus*. If you are fortunate enough to continue living in or near the district in which you taught, you will be continually "blessed" with moments of running into your former students throughout your retirement... and, in a voice, they will express their heartfelt gratitude for your "touching their lives!" (Yes, you deserve this praise. Don't underestimate or downgrade your contributions! You *did* make a difference!)

However, how about **having a day named after you?** (See below.) Pretty impressive?

On April 30, 2018, it was my privilege to attend a formal celebration recognizing the noteworthy career of **Dr. Natalie Ozeas**, retiring from Carnegie-Mellon University. Ozeas has always modeled the retiree philosophy, "You don't retire *from* something, you retire *to* something." Moving on to **do the greater good**, she "left" many positions, having taught in Penn Hills, Peters Township, California State University of PA, and Carnegie-Mellon University. She made significant contributions to the profession, trained singers and musicians in becoming artists, inspired future music educators to filling vacant teaching positions throughout the world, and supported (some said "saved") the urban music programs of the City of Pittsburgh and Wilkinsburg, PA.



Encore, Natalie! BRAVO! Thank you so much for your vision, caring, and dedication!



Standing ovation at the 2018 PMEA Spring Conference Awards Breakfast

WHEREAS, Dr. Natalie Ozeas holds a B.F.A. in Music Education, a B.F.A. in Applied Music (clarinet), an elementary certificate in Dalcroze Eurhythmics, an M.F.A in Music Education, all from Carnegie Mellon, and an Ed.D. in Humanities from the University of Pittsburgh; and,

WHEREAS, Dr. Ozeas taught preschool through high school for over 20 years. Before coming to Carnegie Mellon, she was Professor of Music and conductor of the choir at California University of Pennsylvania. Dr. Ozeas is currently a Professor in the School of Music and Director of Graduate Studies; and,

WHEREAS, she appears frequently as an adjudicator and guest conductor for junior and senior high school choral festivals, and has directed workshops in Dalcroze Eurhythmics throughout the United States in Europe and in Asia; and,

WHEREAS, she is a past President of the Dalcroze Society of America, past President of the Pennsylvania Music Educators Association, past President of the Music Educators Association, Eastern Division and immediate past National Chair of the Urban Music Leadership Conference. She chaired the development of a Pennsylvania Arts Curriculum. As a member of the National Executive Board of MENC, she acted as liaison to the National Research Society and served on its editorial board; and,

WHEREAS, for the past fourteen years, Dr. Ozeas has directed the Urban Music Education Project with the Pittsburgh and Wilkinsburg School Districts. Dr. Ozeas was inducted into the PMEA Hall of Fame in 2011; and,

NOW, THEREFORE BE IT RESOLVED, that the Council of the City of Pittsburgh does hereby commend Dr. Ozeas for her work and dedication to the arts and education; and,

BE IT FURTHER RESOLVED, that the Council of the City of Pittsburgh does hereby declare Tuesday, April 24, 2018, to be "**Natalie Ozeas Day**" in the City of Pittsburgh.

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





Welcome to retirement!

"50% of retirees will suffer some form of acute emotional distress. This is potentially a very large problem given the fact that 10,000 people are becoming eligible for Social Security every day for the next 20 years in the US alone."

- Dr. Robert P. Delamontagne, *Retiring Mind*, Fairview Imprints, 2010

Special section for
soon-to-retire members!

At a recent District band directors' festival meeting, they "laughed me out of the room" when I shared the above quote. I suppose it is encouraging that, regardless of statistics such as these supported by many other sources, band directors (at least in this group) could not imagine that there could be "bumpy" emotional and social transitional issues upon entering that life-changing passage to retirement.

Perhaps I should have offered this reference instead, from B. F. Skinner and Margaret Vaughn in *TIPS - Retirement for Music Educators*, MENC 1989:

"If you were planning to spend the rest of your life in another country, you would want to learn as much about it as possible. You would read books about the climate, people, history, and architecture. You would talk to people who had lived there. You might even learn a bit of its language. Old age is like another country. You'll enjoy it more if you have prepared yourself before you go."

The bottom line, while many music educators seem to have no difficulty and retire "seamlessly" from the stress of full-time work, a large number need help with personal retirement planning, coping with lifestyle changes, altered personal expectations, and the inevitable need for self-assessment and self-reinvention.

For most of us, retiring from public school music teaching fosters little concern about "the money." If you have been teaching for 20 years or more and contributed to the state pension plan (PSERS), you should be in good shape, much better than the general population of workers facing the insecurity and funding of their "golden years."

Reflect
Express
Try
Invest
Re-Invent
Energize



But, music educators are uniquely focused!

Speaking for myself, at least, many of us are "addicted to achievement," and have centered our whole lives around our students making music. The boundaries between our professional and personal schedules are often blurred. What happens when we retire?





PMEA Retired Member Network eNEWS: June 7, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

Page 5 of 12

Now, here's the good news! PMEA provides a unique set of suggestions and tools for self-reflection, goal setting, and to find many of those all-so-essential elements of purpose, structure, and community when you leave the classroom. This release of eNEWS is being emailed to the entire PMEA membership as a sample of what you will see every month as a retired member. For more details, please check out the expanded retired member section on the website, including the archives of every issue of these digital bulletins.

Reflect on your dreams/wishes/abilities

Express your needs/plans/goals

Try new avenues/re-evaluate/"intern"

Invest in yourself: time/\$/energy/purpose

Re-Invent & reshape your new identity

Energize & activate the plan/your new life

Slide from the retired member session, "The Metamorphosis of Retirement - Transitioning to a Happy and Meaningful Retirement" during the PMEA Spring Conference on April 19, 2018 in Lancaster.

Featured links to peruse

To reach-out and fully engage its retired members, PMEA offers a myriad of resources, opportunities, and benefits throughout those eventful post-full-time employment years. Take a few moments and carefully review these. Call or email PMEA Retired Member Coordinator Paul Fox if you have any questions: 412-596-7937 or paulkfox.usc@gmail.com.

- **Prepping for Post-Employment** <https://www.pmea.net/wp-content/uploads/2014/10/Retire-Prep-2018.pdf>
- **PMEA in Retirement - What's in it for Me?** <https://paulkfoxusc.wordpress.com/2016/12/15/pmea-in-retirement-whats-in-it-for-me/>
- **Ultimate Retiree Resource Guide** <https://www.pmea.net/wp-content/uploads/2014/10/ultimate-retiree-resource-guide-111717.pdf>
- **Retirement - Now What?** <http://www.pmea.net/wp-content/uploads/2014/10/Retirement-Now-What-in-PMEA-News-Fall-2013.pdf>
- **Surviving Retirement** <http://www.pmea.net/wp-content/uploads/2014/10/Surviving-Retirement-PMEA-News-Winter-2015-article-082415.pdf>
- **Advice from the Retirees** <https://www.pmea.net/wp-content/uploads/2014/10/advice-from-the-retirees-pmea-news-030115.pdf>

Summer session on retirement

(see <https://www.pmea.net/2015-pmea-summer-conference/>)

You are cordially invited to the **PMEA Summer Conference** on July 17-18, 2018 at the Red Lion Hotel in Harrisburg.

Who • What • When • Where • Why • How
Retirement 101
Retiree Stories and Strategies

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





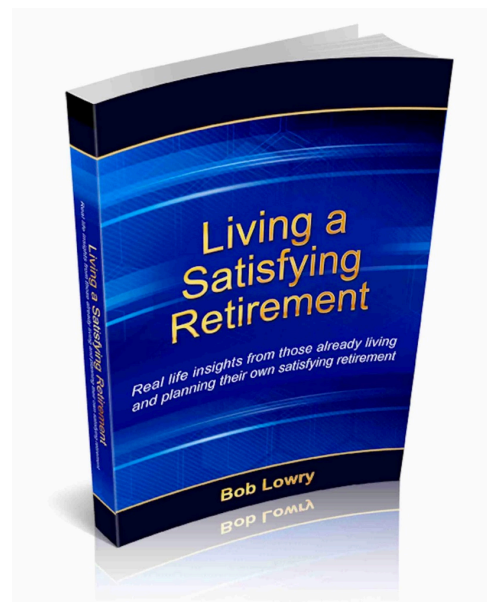
Blog-Site and Book-of-the-Month – *Living a Satisfying Retirement*

<https://satisfyingretirement.blogspot.com>

What a find! Last month, I stumbled upon this website and inexpensive Kindle book, *Living a Satisfying Retirement* by Bob Lowry. Presenting a unique approach, Lowry gives you "an unvarnished view of retirement from the real experts - those who have taken the leap and survived or are just a few years away and can see it on the horizon."

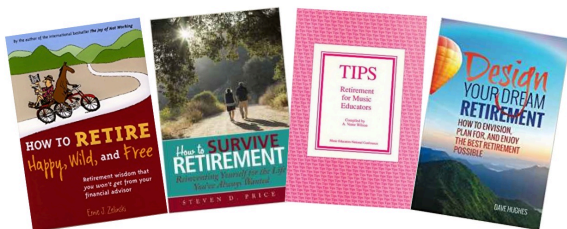
His online companion, "#1 Retirement Life Style Blog: Passionate About the Possibilities and Honest About Its Realities" explores numerous topics including "Being There for Younger Generations" and "Ten Ways to Stay Active as a Retiree."

"As I write these words, the blog *Satisfying Retirement* is about to begin its fourth year of asking and answering the important questions of this time of life. It is important we get it right. The blog allows me to share my experiences, both good and bad, over the last twelve years of what retirement really looks and feels like." - Bob Lowry



Paul's "top four picks" of classic retirement manuals

by Paul K. Fox



Gerontologists like Ken Dychtwald and Robert Atchley advise us that retirement is a major life transition "requiring a redefining of our very role in life." Furthermore, they say that we will endure 5-7 "stages of retirement," and begin our transformation with a journey

through the "imagination" phase (5-15 years prior to the "big day") and "anticipation" phase (1-5 years). My advice? Get start with a purchase or loan of one of *these* books.

- *How to Retire Happy, Wild, and Free* by Ernie Zelinski
- *How to Survive Retirement - Reinventing Yourself for the Life You've Always Wanted* by Steven Rice
- *TIPS - Retirement for Music Educators* by A. Verne Wilson
- *Design Your Dream Retirement - How to Envision, Plan for, and Enjoy the Best Retirement Possible* by Dave Hughes

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





PMEA Retired Member Network eNEWS: June 7, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

Page 7 of 12

More archives of recent eNEWS book reviews

(see all at <http://www.pmea.net/retired-member-network-eneews-archive/>)

- *The Art of Retirement* by Gary S. Williams: April 5, 2018
- *The Healing Journey Through Retirement: Your Journal of Transition and Transformation* by Phil Rich, Dorothy Madway Sampson, and Dale S. Fetherling: March 8, 2018
- *Life Reimagined: The Science, Art, and Opportunity of Midlife* by Barbara Bradley Hagerty: February 1, 2018
- *My Next Phase - The Personality-Based Guide to Your Best Retirement* by Eric Sundstrom, Randy Burnham and Michael Burnham: May 3, 2018
- *Smooth Sailing into Retirement - How to Navigate the Transition from Work to Leisure* by Dave Hughes: January 2, 2018
- *The Psychology of Retirement - Coping with the Transition from Work* by Derek Milne: December 4, 2017
- *What Color Is Your Parachute? for Retirement - Planning a Prosperous and Happy Future* by John E. Nelson and Richard N. Bolle: November 9, 2017
- *Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose* by Nancy K. Schlossberg: October 17, 2018

Giving back to the profession... and to yourself!

One of the special advantages of becoming a PMEA retired member is... joining the PMEA [Retiree Resource Registry](#) (R³). Consider becoming a volunteer adviser or consultant for pre-service teachers, "rookies" in their early years, or those who have transferred into an unfamiliar specialty. The R³ also provides retirees the opportunity to archive their comprehensive record of present and past job assignments, history of career achievements and awards, current professional music and music education activities, and special talents and interests. The registry has served as a "who's-who directory of past leaders in PA music programs," as it documents the amazing contributions of some of the still most active albeit retired PMEA members. For more information or to register, visit the PMEA retired member website: <https://www.pmea.net/retired-members/>.



Latest additions to R³

Our thanks and kudos go to these "new recruits" who recently completed the R³ survey. They will be added to the registry the next time it is updated.

- **Janet Albrycht** (District 11) retired from Episcopal Academy, Baldwin School, Colonial SD
- **Linda M. Lewis** (District 7) retired from Southern York County SD

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





PMEA Retired Member Network **eNEWS**: June 7, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

Page 8 of 12

R³ – the “quietly unassuming but priceless” resource for PMEA members

Unveiled to PMEA membership on February 10, 2015 with an initial listing of 63 retired members (now more than 140 volunteers), the [Retiree Resource Registry \(R³\)](#) is a frequently updated roster of super-capable voluntary consultants, advisers, and “informal mentors,” names representing the vast wealth of PMEA Retired Member experiences and expertise offered free to the membership.

Scenarios to use R³ as a “helpful hand” include the following:

- New or transferred teacher is assigned to a less familiar subject area.
- Fest or festival hosts seek guest conductors, accompanists, registration aides, sectional coaches, or chaperones.
- District officers or PD representatives look for keynote speakers, clinicians, or panel discussion participants for local or regional workshops.
- Members “ask the experts” for assistance on lesson targets, assessments, curriculum writing, repertoire selection, etc.

How to use the R³

1. Go to the Retired Member section (under “Focus Area”) of the PMEA state website and download the current [R³](#) and [R³ Help Index](#), both documents being updated periodically to reflect the receipt of new/changed data.
2. Start with the [R³ Help Index](#) to peruse possible candidates. The front page of the index lists all participants alphabetically and their PMEA District numbers. [See screen shot on next page!] Then, to help match your needs with potential retired “go-to people,” peruse the remaining pages of the index, which are sorted by [volunteer subject areas](#).
3. Look up these names in the alphabetical [main registry](#) to find the retirees’ specific details, contact information, personal focus and specialties, and subjects they would be willing to provide assistance. (If you need more help, contact paulkfox.usc@gmail.com.)

Volunteer categories

Accompanists	Coaching	Higher Education	PCMEA/Mentoring/
Adjudications	Community Ensembles	Hosting a Festival	Teacher Training
Arts Advocacy	Composing/Arranging	Instrument Repair	Professional Development
Assessments	Core Arts Standards	Instrument Sales	Research
Auditions	Curriculum Writing	Jazz	Strings
Band	Dalcroze Eurhythmics	Kodaly	Technology
Booster Groups	Early Childhood/	Leadership Training	Traveling/Tours
Chamber Groups	Pre-School	Marching Band	Voice
Chaperoning at	Festival Preparation	Music Appreciation	Webinars
District/Regionals	Fund Raising	Music Theory	World Drumming
Chaperoning at All-States	General Music	Musicals	Writing for <i>PMEA News</i>
Choral	Guest Conducting	Orff	
Choreography/Dance	Guest Lecturing	Panel Discussions	

Paul K. Fox
 1564 Hastings Mill Road, Pittsburgh, PA 15241
 (412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





Sampling of R³ members **(additions since February 2018)*

Pennsylvania Music Educators Association Retired Members

Retiree Resource Registry – R³



Help Index



February 12, 2018

Janet Albrycht (11) *

Edwin Arnold (5)
Carl Barr (7)
David Barron (5)
Elizabeth Barron (5)
Ralph Bill (1)
Jerry Black (2)
Rebecca Blashock (3)
Matthew Boice (1)
Pat Bove (12)
David Buetzow (1)
Darla Burket (4)
Michael Buterbaugh (10)
Don Butz (8)
Betsy Buzzelli-Clark (10)
Norman Campbell (9)
Arthur Chodoroff (12)
Lori Cole (5)
Richard Coulter (8)
David Cree (4)
William Croissant (4)
Carey Crumling (7)
Ron DeGrandis (10)
Jeffrey Dent (4)
Venona Detrick (7)
John Devorick (7)
Ted DiCola (8)
Sue Dieffenbach (7)
Joanne Dieterly (11)
Robert Drafall (4)
Mark Edwards (11)
Ronald Eshleman (7)
Jim Falvo (1)
John Feigh (4)

Donna Stark Fox (1)
Paul Fox (1)
Bill Galvin (1)
Paul Gerlach (1)
Joyce Gerstenlauer (7)
Elizabeth Good (6)
John Gula (1)
Ronald Haas (10)
Kim Hannigan (7)
Estelle Hartranft (7)
David Hetrick (2)
Ronald Hill (2)
Clarence Hodges (7)
Ada Jean Hoffman (5)
Ben Holste (1)
Herm Hopple (7)
Priscilla Howard (7)
Todd Hunter (9)
Mark Jelinek (8)
Mary Ann Justham (1)
Folkert Kadyk (12)
Toni Keefer (5)
Adrianne Davis Kelly (1)
Richard Kemper (1)
Daniel Kershetsky (10)
Leatha Kieser (8)
Otis Kitchen (7)
Brian Klinger (7)
Tom Kosmala (1)
John Kovalchik (4)
Kathryn Larimer (3)
Galen Leitzel (7)
David Levin (1)
Linda M. Lewis (7)

Linda M. Lewis (7)
Mary Loyer (7)
Terri Lundberg (10)
Lori Luurtsema (5)
Diane Maclay (7)
Greg Maiocco (6)
Karol Mannherz (11)
Cak Marshall (1)
Michael Martin (12)
Bret Mascaro (11)
Sheryl May (2)
Gary McKeever (1)
Dan Meredith (4)
Richard Merrell (12)
Cynthia Miller-Aungst (10)
Richard S. Miller (12)
Anne Moul (7)
Brian Moul (7)
Victoria Moule (1)
William Naydan (11)
Charles Neidhardt (11)
Michael Norris (10)
Rich Pantaleo (1)
William Pendziwiatr (9)
Mary Lynne Peters (2)
Ken Phillips (5)
John Potlunas (10)
Bill Powers (7)
Joyce Prichard (12)
Robert Reid (2)
Coleen Renshaw (8)
Robert Rhine (7)
William Ricketts (11)
Dave Rohrer (7)

Robert Rossi (1)
Joanne Rutkowski (4)
Vincent Sanzotti (5)
Jack Scandrett (3)
James Scanga (5)
Nancy Schelkopf (12)
Jim Seidel (10)
David Sheaffer (7)
Dane Skroupa (5)
Anne Sprissler (12)
Lillian Stead (12)
Karl Steger (7)
Bonnie Strang (12)
David Swinehart (9)
Marc Tourre (1)
Jeff Twiford (11)
Susan Uzelmeier (11)
Louise Victor (4)
Richard Victor (4)
Regis Vrana (1)
Jane Wall (1)
Paul Walker (6)
Michael Wasilko (4)
Ronald Wasser (8)
Susan Watkins (1)
Marie Weber (7)
R. Leland Wesner, Jr. (11)
Harding Whitacre (5)
Brenda Williams (5)
Janet Yamron (12)
Andrew Yaracs (5)
Kathleen Yeater (8)
Tom Zumpella (5)





PMEA Retired Member Network eNEWS: June 7, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

Page 10 of 12

“Ready and able” guest conductors listed in the R³

Looking for a festival/fest director? When in doubt, *hire a retiree!*

Edwin Arnold	Bill Galvin	Bret Mascaro	David Sheaffer
Matthew Boice	Paul Gerlach	Gary McKeever	Anne Sprissler
David Buetzow	Joyce Gerstenlauer	Dan Meredith	Bonnie Strang
Arthur Chodoroff	Elizabeth Good	Richard S. Miller	David Swinehart
Richard Coulter	Ronald Hill	William Naydan	Marc Turre
William Croissant	Ben Holste	Charles Neidhardt	Susan Uzelmeier
Ron DeGrandis	Priscilla Howard	William Pendziwiatr	Richard Victor
Jeffrey Dent	Todd Hunter	Mary Lynne Peters	Ronald Wasser
John Devorick	Mark Jelinek	John Potlunas	Harding Whitacre
Ted DiCola	Folkert Kadyk	Bill Powers	Janet Yamron
Mark Edwards	Daniel Kershetsky	Joyce Prichard	Tom Zumpella
John Feigh	Galen Leitzel	Robert Reid	
Jim Falvo	David Levin	Robert Rossi	
Donna Fox	Karol Mannherz	Jim Seidel	



Synonyms of “retirement”

Wise saying: “It’s time to *retire* the old definitions of *retirement*. New perspectives:

- “The *new retirement* is **not an ending**, it’s a **new beginning**, the start of a **new life-journey** of vastly expanded proportion.” <http://www.icoachidesign.com/info/retirement-book-intro.pdf>
- “Retirement now is mostly about **change**. And it may not look all that different from what immediately precedes it.” Huffington Post: http://www.huffingtonpost.com/arianna-huffington/its-time-to-retire-our-definition-of-retirement_b_5774878.html
- Retirement is “**reinventing yourself** for the life you’ve always wanted.” Steven Price, *How to Survive Retirement*, Skyhorse Publishing, 2015
- New words to replace *retirement*: “**renewment, aspiement, financial independence, rewirement, rest-of-life, second beginnings, financial freedom, and new chapter.**” <http://www.cbsnews.com/news/how-do-you-define-retirement/>

On the web... stories of teacher retirements and “refirements”

- <https://www.wboro.org/site/default.aspx?PageType=3&DomainID=13&ModuleInstanceID=8935&ViewID=047E6BE3-6D87-4130-8424-D8E4E9ED6C2A&RenderLoc=0&FlexDataID=19727&PageID=19&GroupByField=&GroupYear=0&GroupMonth=0&Tag=>
- <https://www.theguardian.com/teacher-network/teacher-blog/2013/sep/19/why-teachers-work-after-retirement>
- <https://blogs.mprnews.org/newscut/2017/05/retiring-music-teachers-and-all-that-jazz/> and <http://www.bostonglobe.com/metro/regionals/south/2017/05/10/wynton-marsalis-shocks-retiring-music-director/f5ucOWV6eS9xmT04Yb3S3M/story.html>
- <http://londonderrytimes.net/2018/03/school-staff-and-alumni-applaud-beloved-retiring-music-director/>
- <https://alumni.berkeley.edu/california-magazine/just-in/2018-04-17/retiring-cal-bands-director-robert-calonicos-many-musical>
- <https://www.wiltonbulletin.com/121597/music-director-retiring-after-40-plus-years/>

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





PMEA Retired Member Network eNEWS: June 7, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

Page 11 of 12

It's that time of the year – PMEA membership renewal!


Soon it will be time to visit the PMEA website, click on "Membership," and renew your annual dues to our professional organization.

Retired members have two different options:

- PMEA-only for \$30/year or
- NAFME + PMEA membership for \$66/year

To facilitate sending your payment, go to www.PMEA.net, log-in to your account profile, and then click on the "Join/Renew" link at the top of the main page of the website. While you are in your member profile, be sure to include a non-school email address so that future notifications and eNEWS can "reach you" when you retire.

If you would prefer to mail in a check, download the membership form from <https://www.pmea.net/wp-content/uploads/2012/10/PMEA-Membership-Form-2018-19.pdf>.



Advertising Contact Forums Store

Not a member? [Join Now](#) [Log In](#)

PENNSYLVANIA MUSIC EDUCATORS ASSOCIATION

Phone: (610) 562-9757 Address: 56 South Third Street, Hamburg, PA 19526

About Us Membership News & Updates Conferences & Events Calendar Resources Focus Areas Connect

Home / Membership Information

Membership Information

Join PMEA or Renew Your Membership

The new log-in process to the PMEA website is now updated. If you haven't done so already, please Log In by selecting the "Sign Up" tab and following the steps. If you enter your primary account email when signing up, it will detect your existing NAFME account and sync with it.

Rates for 2018-2019 are now active. To [renew](#) or [join](#) online for the 2018-19 member year, log-in to the PMEA website and then select the Join/Renew link at the top of the main page of the website. **You must be on the PMEA website to join/renew.**

****Please note that PMEA does not accept American Express or Purchase Orders****

To pay with a check, download the [PDF Membership Form](#) or follow the steps to join/renew online, then select the option to create an invoice and pay by check. Print out the form and mail it, with payment, to:










The Pennsylvania Music Educators Association
56 South Third Street
Hamburg, Pennsylvania 19526

*2018-19 PMEA/NAFME Membership Dues Information

NAFME's portion of dues has increased for most member types. Dues will be as follows:

- Full Active – \$138
- Retired – \$66
- Collegiate – \$42
- Introductory (open to 1st year teachers who were PCMEA members during the 2017-18 member term) – \$89
- PMEA Only Retired – \$30

Follow Us!



THE MUSIC PROGRAM AT

Seton Hill UNIVERSITY

SHARE YOUR LOVE OF MUSIC

Our Districts

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





PMEA Retired Member Network **eNEWS**: June 7, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

Page 12 of 12

More retiree honors

We're proud of our retired members...



PMEA State President (right) Henry Pearlberg recognizes Richard Merrell for being inducted into the PMEA Hall-of-Fame



PMEA Executive Director Abi Young (right) presents Marie Weber with the 2018 James R. Stewart Distinguished Service Award

Happy trails, retirees. This monthly forum is *for* and *about* you, our retired members. Please share us your news or success stories. Email to paulkfox.usc@gmail.com. PKF

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>

