



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!

The four best "F" words ever

Food, Family, Fourth of July, and Fireworks - Independence Day jokes

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

- What happened as a result of the Stamp Act? The Americans licked the British!
- How come there's no Knock Knock joke about America? Because freedom rings.
- What's red, white, black and blue? Uncle Sam falling down the stairs.
- What kind of tea did the American colonists want? Liberty.
- What was General Washington's favorite tree? The infantry.
- What do you call a redneck bursting into flames? A Fire Cracker!
- What was the most popular dance in 1776? Indepen-dance.
- What does the Statue of Liberty stand for? It can't sit down.
- Why did the duck say bang? Because he was a firequacker.
- What do you eat on July 5th? Independence Day-Old-Pizza.
- Who was the biggest jokester in George Washington's army? Laughayette
- What's the difference between a duck and George Washington? One has a bill on his face, and the other has his face on a bill
- Why were the first Americans like ants? They lived in colonies.
- What quacks, has webbed feet, and betrays his country? Beneduck Arnold.
- What did the fuse say to the firecracker? Let's get together and "pop it like it's hot."
- What protest by a group of dogs occurred in 1772? The Boston Flea Party.
- Why did Paul Revere ride his horse from Boston to Lexington? Because the horse was too heavy to carry.
- Did you hear the one about the Liberty Bell? Yeah, it cracked me up!
- What would you get if you crossed George Washington with cattle feed? The Fodder of Our Country!
- What did one flag say to the other flag? Nothing. It just waved.
- Which colonists told the most jokes? Punsylvanians!





A sampling of new links to “retirement gurus”

“Are You Ready to Stop Working?” by Barbara Torris

<http://www.retireinstyleblog.com/2018/05/are-you-ready-to-stop-working.html> concert

“Do those of you think that retiring at 45 would be a dream come true? How would you manage that financially until you died? Would you be happy, active, learning all of that time? Would you be bored? Would you find fulfillment?” — read more of her May 2018 blog

“Dementia and Alzheimer’s: What I Need to Know” by Bob Lowry

<https://satisfyingretirement.blogspot.com/2018/06/dementia-and-alzheimers-what-i-need-to.html>

“First, we better start with some basic definitions.

“Dementia is a group of symptoms that affects mental cognitive tasks such as memory and reasoning.

Dementia is a wide-ranging term that covers all sorts of problems so there is no accurate number of how many seniors have the symptoms. Though certain diseases can trigger dementia, it is usually an age-related development as brain cells are damaged.

Alzheimer’s disease is a type of dementia. Roughly 5 million of those 65 and older have Alzheimer’s, or roughly 10% of the senior population. Alzheimer’s is responsible for more than half of all cases of dementia.” — read more of his June 2018 blog

Bob Lowry also recommends this link: “10 Early Symptoms of Dementia” at <https://www.healthline.com/health/dementia/early-warning-signs>

“What Do You Have to Show for It?” by Joe Hearn

<http://intentionalretirement.com/2018/06/what-do-you-have-to-show-for-it/>

“I did an interesting exercise this week. If you’ve ever looked at a copy of your Social Security statement, you know that page 3 shows how much you’ve earned each year throughout your life. As I looked at mine, I was suddenly curious about something, so I grabbed a calculator and added up my lifetime income. Then I opened my financial plan to get a quick snapshot of my net worth and I divided my net worth by the total of what I’ve earned. The result was a rough calculation of what I have to show (financially at least) for twenty plus years of work.” — read more of his June 2018 blog



“Do It While You Can” by Dave Bernard

<http://lovebeingretired.com/2017/03/01/do-it-while-you-can/>

“No one knows how long they will remain physically or mentally able to enjoy what life has to offer. The reality of aging is things get harder rather than easier as the years pass. Activities we took for granted just a few decades ago may suddenly become too difficult to undertake. No one wants to spend their second act looking in the rear-view mirror at what was. We want to look forward to what will be.” — read more of his featured blog



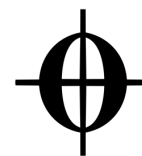


Codas and encores – music teacher retirement send-offs

UC Davis University Chorus Bids Farewell to Director with a Concert

<https://www.ucdavis.edu/arts/blog/uc-davis-university-chorus-bids-farewell-director-concert>

Professor of Music and Conductor of the University Chorus Jaffrey Thomas conducted his last chorus performance on June 8, 2018 in a program titled, "American Songs and Spirituals." Thomas has a long list of projects for his retirement, which include publishing a book he has written titled *Handel's Messiah: A Life of Its Own* and leading many more performances with the American Bach Soloists. He will continue educating others in Baroque performance practice in the American Bach Soloists' Summer Academy at the San Francisco Conservatory of Music. His final remarks: "I wish the campus and my department a flourishing future that will continue to put forward the importance of the arts in the lives of the entire university community."



Former Students Surprise Retiring Band Director with an Alumni Concert

<http://www.theherald-news.com/lists/2018/05/29/d81bc0bf17a745c6a97ea92ffa0c11ed/index.xml?page=1>

Retiring Plainfield HS Band Director Dan Valkema summed up his feelings walking into a surprise reunion performance of his former students on May 26, 2018 in one word: "overwhelmed." In retirement, the Illinois educator plans to teach and supervise teachers at the college level and judge competitions. Teaching music has never felt like work, he said. "When you can make a career out of something you're passionate about," Dan said, "you're blessed."



Mr. V's Opus: A Storied Northbrook Music Teacher Says Goodbye

<https://www.nbcchicago.com/blogs/making-a-difference/wescott-elementary-school-music-teacher-483659931.html>

Retiring but not to be forgotten! In an evening ceremony on May 24, 2018, Westcott Elementary School music teacher Bill Vaananen leads a sing-a-long "encore performance" in remembrance of his 37 years of teaching music. "Mr. V," as he is affectionately called, won numerous teaching awards including the Golden Apple and the National Star of teaching. He told a Chicago newscaster that "he plans to travel the world and share his music with children in other countries." His parting words? "Gratitude, for not just what we do in school, but for making me part of their community," he said. "I'm honored to have been their teacher and maybe even inspire them in some way."





Top 12 hobbies for retirement

<https://discussion.road scholar.org/b/blog/posts/top-12-hobbies-for-retirement>

ROAD SCHOLAR
Adventures in Lifelong Learning

The not-for-profit **Road Scholar** is the world's largest and most innovative creator of experiential learning opportunities, adventures from San Francisco to Siberia, and nearly everywhere in between.

"We are a diverse community of knowledge seekers and explorers, united in the belief that lifelong learning is a vital part of overall wellbeing. We believe in living life to the fullest at every age — by experiencing the world, and not just looking at it. By meeting new people, touching history where it happened, and delving deep into the cultures and landscapes, we explore."

This Road Scholar discussion article by Peter Spiers, "**Top 12 Hobbies for Retirement**," offers suggestions for retiree pastimes that embrace his four key dimensions for happiness and health in post-employment life.

"In my book *Master Class: Living Longer, Stronger, and Happier*, my advice to retirees was to create a portfolio of activities that blended **socializing, moving, creating and thinking** - building blocks that have been shown to correlate with high scores on standard measures of successful aging and cognitive health. Recently we surveyed Road Scholars - active, engaged people who participate in learning adventures around the world - to find out what hobbies they were most likely to take up in retirement."



Here are the 12 activities which came out on top:

1. Volunteering
2. Participating in a Book Club
3. Walking/Hiking
4. Genealogy
5. Photography
6. Gardening
7. Birding
8. Foreign Language Study
9. Writing
10. Singing or Playing a Musical Instrument
11. Painting or Drawing
12. Bicycling

Explore the Road Scholar website, especially the blog section, for many other interesting topics:

- "**Learning to Debate: Your Secret Weapon to Challenge Your Intellect & Age Adventurously**"
<https://discussion.road scholar.org/b/blog/posts/debate-classes>
- "**9 Proven Antidotes to Aging's Negative Effects**"
<https://discussion.road scholar.org/b/blog/posts/9-proven-antidotes-to-aging-s-negative-effects>
- "**Quilting Classes: A Beginner's Guide to Quilting with R.S. Instructor Carol Honderich**"
<https://discussion.road scholar.org/b/blog/posts/quilting-classes>

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/>





Music is "lifelong learning!"

Music is the movement of sound to reach the soul for the education of its virtue. - Plato

A quick Google search of "lifelong learning" and "music" fetches a number of interesting responses. We lived and even preached the tagline, "ate, slept, and breathed" it, and know that, even in retirement, the "power of music" is prevalent. Science seems to support our need for "music" as perpetual "lifelong learning." Check out this research:

Hanze University of Applied Sciences: "Research Group - Lifelong Learning in Music"

<https://www.hanze.nl/eng/research/centre-for-applied-research/art-and-society/professorships/professorships/lifelong-learning-in-music>

ScienceDirect article: "Music as a Lifelong Learning Opportunity"

<https://www.sciencedirect.com/science/article/pii/S1877042812013328>

"Lifelong Learning: An Emerging Research Agenda for Music Education"

by David Myers <http://journals.sagepub.com/doi/10.1177/1321103X9500400104>

"Lifelong Learning in Music Education: A Brief Examination" by Scott Harrison

https://www.researchgate.net/publication/29453742_Lifelong_Learning_in_Music_Education_A_Brief_Examination



Topping off all of this "heady" discussion is the "down-to-earth" Fred Rogers, speaking to all ages in a newly remixed video from PBS:

"Ageless Inspiration: Mister Rogers on Music and Lifelong Learning" by Donna Sapolin

<https://www.nextavenue.org/ageless-inspiration-mister-rogers-music-and-lifelong-learning/>

Who has the final word? How about this from the Fall 2015 *PMEA News* retired member's article, "It's Time to Dust Off Your Chops?"

The late June Hinckley, former MENC President, lamented the tragedy when people fail to make music a vital component of life beyond the school years. In her April 2000 article "Music for a Lifetime" in *MENC Teaching Music*, Ms. Hinckley affirmed her view that music is a life-skill worth nurturing. She said, "I believe we need to be as concerned about community music programs as we are about school music, and to work with leaders to help them understand the vital role each plays in the cultural, social, and aesthetic fabric of our towns and cities as well as in our preschools and K-12 institutions. If music is basic, then it is basic to life's many ages and stages, before, during, and after school for toddlers, school-age youngsters, and adults." **And retired members!**

Thankfully, several PMEA retired members have "rolled up their sleeves" and posted directories of PA adult/community ensembles to help us continue our "lifelong learning." Go to <https://www.pmea.net/retired-members/> to download these regularly updated lists.





Final call: live retiree “models” for summer sessions on retirement

You won't want to miss the **PMEA Summer Conference**, which will be held from July 17 (beginning at around 10 a.m.) through July 18 (concluding around 1 p.m.) in Harrisburg at the Red Lion Hotel: <https://www.redlion.com/harrisburg>. Registration information is posted at <https://www.pmea.net/2015-pmea-summer-conference/>.

Although the exact summer conference schedule is still being finalized, “the plan” is to offer two presentations of “Retirement 101.” To make this valuable for soon-to-retire members, we are asking if any retired members would be willing to come to either workshop and sit on a panel “Been There - Done That” to offer *your own stories* on weathering this life-changing passage and transition from full-time employment to retirement. After an introductory section on the “Who, What, When, Where, Why, and How of Retirement,” the attendee-focused interactive sessions will allow time for Q/A and “advice from the experts” - that's YOU, of course!



If you are free to assist and attend these retirement clinics, please email Paul Fox by July 12 at paulkfox.usc@gmail.com.

Unique retiree resources

<https://paulkfoxusc.wordpress.com/2018/05/27/unique-retiree-resources/>

The “latest and greatest” from the *paulkfoxusc* blog-site hopes to provide links to sources of helpful information, many of which are not necessarily relevant nor applicable to every retiring music teacher. However, if not issues of concern for a family member, you may know of a friend, neighbor, colleague, or someone else who could use some direction in dealing with these eclectic topics:

- Housing purchases/rentals, maintenance, and improvements
- Personal security
- Downsizing
- Health care, eldercare, and physical fitness
- Disabilities
- Advance care planning
- Medical Alert systems
- Mattress purchase recommendations
- Sleep guides and disorders
- Grieving and coping with loss



Also check out earlier blog-post
“Seniors Helping Seniors” at
<https://paulkfoxusc.wordpress.com/2017/05/28/seniors-helping-seniors/>





Book-of-the-month – *Retirement Reinvention*

<http://www.myretirementreinvention.com/>

When you have been doing this as long as I have (having reviewed dozens of books on retirement), it is rare you come upon something as "new" and "fresh" as career expert Robin Ryan's *Retirement Reinvention* (Penguin Books 2018). Her cute moniker "make your next act your best act" sets the stage for a very informative, thought-provoking guide, and as stated on the back cover, "offers readers a path for reinventing their own retirements, including step-by-step instructions for:

- Leaving an old career behind
- Pinpointing interests and skills
- Exploring different places to live
- Defining new, satisfying opportunities
- Finding meaningful ways to give back to your community
- Striking the right balance between work and leisure."



What initially caught my eye was her extensive workbook section "What Do You Want to Do Now?" including a personal "values assessment." To better define your interests and a detailed worksheet on time management, she "dives into" a 168-hour "retired week" (quoted from pages 45-46 in the book):

Let's begin by subtracting the basics:

Sleep (58 hours, or approximately 8.25 hours a night) = 110 hours left

Eating (approximately 10 hours, according to the Department of Agriculture) = 100 hours left

How, what are you going to do with your 100 hours each week? We all have the same amount of time. Be realistic and decisive about how you will use yours.

Divide 100 hours of the week assuming activities below (and note any other activities too).

Work/volunteer time: _____

Exercise: _____

Leisure time: _____

Dressing and bathing: _____

TV watching: _____

Cooking: _____

Newspaper/magazine/book reading: _____

Obligations/chores/housework: _____

On computer/iPad/cell phone: _____

Anything else: _____

Doing social media: _____

Her writing style is sensitive and appealing. I bet that, after you read Robin's Foreword, "I would fight for my life for the next two years," you will not be able to put it down!





NAfME Amplify “retired member forum” warehouses helpful hints

It may not come as a surprise to anyone that I am a “technology immigrant” and at times a little behind in understanding and using emerging technology. (After all, I was the music teacher who signed up for Facebook, ignored it for ten years, and then noticed in retirement that a former student sent me a text via Messenger, “Are you the Mr. Fox who teaches music at Upper St. Clair?” Probably setting a new record in *slowness*, it took me *seven* years to “get back to him!”) However, I am impressed with and now versed in the online community discussion group *Amplify* sponsored by NAfME. We currently have a “retired members” section and can archive our thoughts on and suggestions for retirement issues... not to mention helping our younger, recently transferred, or less experienced colleagues solve problems in the “Music Education Central” group. Check out these posts and share your ideas in *Amplify*.



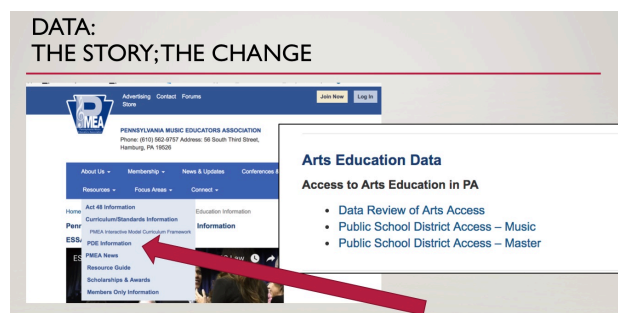
- Scary stats on personal finances in retirement?
- Latest book on “living the dream”
- Are you retiring like Ben Franklin?
- Bucket lists in retirement



PDE updates on the PMEA website

by David Deitz, Fine Arts education Consultant to the Pennsylvania Department of Education (PDE)
<https://www.pmea.net/resources/pennsylvania-dept-of-education-information/>

Are you “keeping up” with PDE and state/national news in arts education? We are fortunate to have one of very own “champions” (after a 40-year “gig” teaching music at high school and college levels - another “super-retiree?”): **O. David Deitz!** He shares information on Every Student Succeeds Act, Student Achievement, SLOs



(Student Learning Objectives), Arts Integration, Arts Education Data, etc., while also serving on the PMEA State Council for Teacher Training, Recruitment, and Retention.

Check out his extensive report given at the PMEA Spring Conference in Lancaster, PA:
<https://www.pmea.net/wp-content/uploads/2012/10/PDE-Update-to-PMEA-4.19.18.pptx>.

Thank you for your continued service! We *need* your constant vigilance and dedication!

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/>





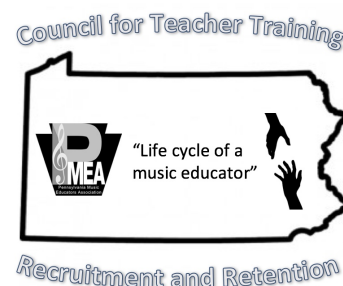
PMEA Retired Member Network eNEWS: July 5, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

Page 9 of 9

Spread the word... PMEA news and announcements

- **The annual PCMEA Region III Workshop** will be held at Penn State University on Sunday, October 21, 2018, 10 a.m. to 5 p.m., featuring keynote speaker Dr. Connie McKoy, professor and director of undergraduate studies at the University of North Carolina Greensboro and co-author of *Culturally Responsive Teaching in Music Education - from Understanding to Application*
- **It's time to re-up!** Membership applications went out, and "your dues are due!" (Somehow, if you loss the mailing, try <https://www.pmea.net/membership-information/>.) We hope you find the benefits of retired membership valuable and inspiring. (Need any help deciding staying involved with us? Click and read the article here: <https://paulkfoxusc.wordpress.com/2016/12/15/pmea-in-retirement-whats-in-it-for-me/>.) Your colleagues appreciate your ongoing support of music education and PMEA.
- **Do you know a high school student planning to become a future music teacher?** The PMEA Council for Teacher Training, Recruitment, and Retention has created resources for pre-college prep to enter the profession. A new section in the "focus area" on the PMEA website shares media that can be distributed to prospective music education majors (students) and their teachers at <https://www.pmea.net/council-for-ttrr/>.
- **Have you thought about offering to do a webinar on your favorite subject?** PMEA is developing a library of professional development webinars on a wide-range of topics that are archived as videos at <https://www.pmea.net/webinars/>. Do you have a favorite specialty? Contact Abi Young at abiyoung@pmea.net.



Quick glimpse and a little nostalgia

"A day in the life of an elementary school music teacher"

<http://teaching.monster.com/careers/articles/8125-a-day-in-the-life-of-an-elementary-school-music-teacher>

Happy trails, retirees. Enjoy your retirement freedom! However, take a moment and share any "travels" or "happenings" going on with you! 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/>

