



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!

Funny Thanksgiving jokes and puns ("safe" for the grandkids)

by LaffGaff: Read the entire blog-post at <http://laffgaff.com/thanksgiving-jokes/>

What does a Pilgrim call his friends? Pal-grims.

What should you wear to Thanksgiving dinner? A har-vest.

Where do turkey's go to dance? The Butterball.

What do you call a haunted turkey? A poultry-geist.

Why did the handbag hitch a ride with the Pilgrims when they came to America? To escape purse-cution.

What's the key to a fantastic Thanksgiving dinner? The tur-key.

Why did the Pilgrim kill the turkey? Because he was in a fowl mood.

I think my favorite Thanksgiving food is pie. But some people say that's irrational.

Why did the turkey cross the road twice? To prove he wasn't chicken.

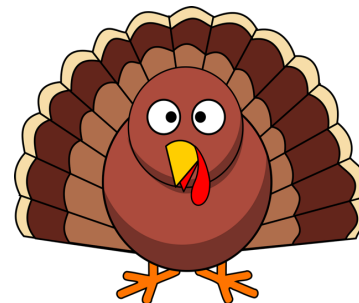
If the Pilgrims were alive today, what would they be most famous for? Their age.

Why was the cook late to Thanksgiving dinner? He lost track of thyme.

It seems like every Thanksgiving I end up eating leftovers for weeks afterwards. Not this year though - I'm quitting cold turkey.

What do you get when you cross a turkey with an octopus? Enough drumsticks for Thanksgiving.

Did you know the Pilgrims came over on smoke-colored ships designed by a guy named Valentine? Yep, they were gray V-boats.



The day before Thanksgiving, a guy in Phoenix calls his son in New York and tells him, "Son, I'm really sorry, but I have to tell you that your mother and I are splitting up. We can't live with each other anymore."

The son is distraught and shouts on the phone at his father, "Pop, what are you talking about?"

The father replies, "It's just that we can't stand the sight of each other anymore. And I'm sick of talking about this, so will you call your sister in Chicago and tell her?"

The father then hangs up, and the son frantically calls his sister, who's equally distraught and exclaims, "Like heck they're getting divorced! Leave it to me, I'll take care of this."

So, she calls her father and shouts on the phone at him, "You are NOT getting divorced! Don't you dare to do a single thing until I get there. I'm calling my brother, and we'll both be there tomorrow. Until then, don't you dare do a thing about this. Do you hear me?"

She then hangs up, at which point the father hangs up his phone, turns to his wife and says, "Okay dear, they're both coming for Thanksgiving and paying their own way."

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“What did you say?” – Hearing loss, testing, and prevention

What do the following famous artists all have in common?

- Pete Townshend
- Roger Daltrey
- Neil Young
- Barbra Streisand
- Eric Clapton
- John Densmore
- Anthony Kiedis
- Ozzy Osbourne

“Abstract” by GDK
(Pixabay.com)



Answer? According to AARP, all of the above celebrities have serious hearing problems or problems with *tinnitus* or “buzzing in the ears.” (<https://www.aarp.org/health/conditions-treatments/info-2018/musicians-hearing-loss.html>)

Did you *hear* about the news story of the music teacher who hurt his students with excessive music volume? He was unaware that he had more than a 70% hearing loss! (<http://www.wuuf.org/post/crestview-music-teacher-safe-sound-hero>)

[Mea culpa: I suppose it is too late to fire me, now! Teaching JHS Music Appreciation during the early weeks of my first-year assignment, I used a digital-wave machine that demonstrated the amplitude and frequency of sound for our acoustics unit. We covered the range of “cycles per second” of a typical human's hearing, estimated to be between 15 and 18,000 cps (or 20 to 20,000 hertz). Several students wanted to hear a sample outside the range, so I dialed up the pitch to 19,000 cps. “Mr. Fox, turn up the volume,” they demanded, and I complied, almost instantly giving everyone in the room a headache, the normal side effect for “blasting” extra-high pitches. Unintentional child abuse? PKF]

Perhaps it is time to have your hearing checked? Read these links:

- <http://www.betterhearing.org/check-your-hearing>
- <https://www.miracle-ear.com/hearing-test>
- <https://www.aarp.org/health/conditions-treatments/info-2018/hearing-tests-treatments-fd.html>

Also, check out these related articles about loud music and damage to hearing...

- <http://banddirectorstalkshop.com/2017/11/24/hearing-protection-for-band-directors/>
- <https://www.ascenthearingsimivalley.com/musicians-from-school-bands-to-symphonies-risk-hearing-loss/>
- <https://reverb.com/news/the-science-behind-if-its-too-loud-youre-too-old>
- <https://www.nidcd.nih.gov/health/noise-induced-hearing-loss>
- <https://www.nidcd.nih.gov/health/age-related-hearing-loss>
- <https://nafme.org/about/position-statements/health-in-music-education-position-statement/health-in-music-education/>
- https://www.medicinenet.com/noise_induced_hearing_loss_and_its_prevention/article.htm#what_is_the_importance_of_noise-induced_hearing_loss





Retirees: Be a strong advocate for music education

Thanks to PMEA Advocacy Chair Mark Despotakis

Have you read the recent PMEA "Advocacy Update" from Chair Mark Despotakis?

If not, before Election Day, it behooves all of us to check out his "2018 Election Analysis" with responses from the candidates for PA Governor as well as some who are running for the PA Senate:

<https://cqrceengage.com/pmea/18election>.

In addition, did you know you can "make a difference" in helping your local school districts acquire Federal Title Funds? Read this: <https://cqrceengage.com/pmea/titleiv0718>.

Finally, is your former school district among those listed in the NAMM Foundation's "Best Communities in Music Education" distinction? You can nominate them! See details: <https://www.nammfoundation.org/what-we-do/best-communities-music-education>.



Conductors' corner...

Mark Jelinek recently directed the Youth Educational Concerts in Hobbs, New Mexico. With a concert theme of "Dance Through Time," the Southwest Symphony performed the following works for three events between October 15-16, 2018:

- Smetana: Dance of the Comedians from the Bartered Bride
- Haydn: Menuetto from Symphony No. 94. "The Surprise"
- Strauss: On the Beautiful Blue Danube Waltzes
- Strauss: Pizzicato Polka
- Brahms: Hungarian Dance No. 5
- Anderson: Blue Tango
- Tchaikovsky: Waltz from Sleeping Beauty Ballet
- Strauss: Feuerfest Polka
- Menken: Beauty and the Beast Orchestral Suite (original score from Disney)

His next concert, "Artrageous," is scheduled for Friday, November 16.

[Retired members: Please submit your programs to paulkfox.usc@gmail.com to share your own "travels" in music-making!]



Schedule

Monday, October 15, 2018 – Tydings Auditorium, Hobbs, NM – 7:00 pm

SOUTHWEST SYMPHONY ORCHESTRA AND THE TOUR OF SCHOOLS ~ Join us as we perform "Dance through Time." The concert will feature dancers from Maciolek School of Dance performing to selected pieces. Our orchestra members will introduce the wonderful world of symphonic music to Lea County students during our annual 2-day Youth Concerts.

Friday, November 16, 2018 – Tydings Auditorium, Hobbs, NM – 7:00 pm

ARTRAGEOUS ~ Imagine an artist creating a masterpiece before your eyes in mere moments. The Artrageous troupe of artists, musicians, singers, and dancers pay tribute to a variety of art forms, pop icons, and musical genres culminating in a gallery of fabulous finished paintings. The signature of the Artrageous Troupe is interaction and engagement, so be prepared to be a part of the show!

www.artrageousexperience.com

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Retired teacher “heroes” in national news

Martha Powell - teacher's aide

<https://www.wmar2news.com/marketplace/contests/margaret-powell-spending-her-retirement-doing-what-she-loves-teaching>

Elizabeth Jackson - worker at a charity food/clothing donation center

https://www.victoriaadvocate.com/news/local/everyday-hero-retired-teacher-gives-back/article_f74d4878-7fdf-558c-921b-19345896c4df.html

Jan Feyen - Salvation Army volunteer

<https://www.ksn.com/news/local/hometown-heroes/retired-teacher-volunteers-at-salvation-army-i-think-that-we-should-give-back-/1453401006>

Cindy Rieman - founder of an all-volunteer reading program

<https://www.dispatch.com/news/20170819/everyday-hero-retired-teacher-created-volunteer-reading-program-to-help-elementary-students>

Roberta Flack, Sheryl Crow, and Gene Simmons - gifted performers who continue sharing their “art”

<http://www.nea.org/home/62617.htm>

Larry Decker - cast member of the annual “Candlelight Processional” at Disney World

https://www.theindependent.com/news/local/retired-music-teacher-realizes-his-dream-with-job-at-epcot/article_da25dc52-e653-11e5-85df-778d84c337eb.html

Corbin Bernsen - free music lessons

<https://www.businesswire.com/news/home/20040703005004/en/Corbin-Bernsen-Presented-Heroes-Education-Award-San>

Stephanie Boice - private woodwind instructor and coach

<https://www.businesswire.com/news/home/20040703005004/en/Corbin-Bernsen-Presented-Heroes-Education-Award-San>

Nina Markle - founder/teacher of a piano academy for low-income children

http://www.jennysheroes.com/heroes_20080915_ninam.shtml

Dave and CJ Dunklee - The Healing Box Project teaching music and guitar to veterans suffering PTSD

<https://projecthero.org/story/no-vet-alone-the-healing-box-project>

“Superhero”
by NeuPaddy
(Pixabay.com)



Wanted – Stories about involuntary music teacher retirements

For a future article in *PMEA News*, we are seeking narratives from any retired members who felt they were “kicked to the curb,” left teaching before they were ready, or assumed they “had to go” due to a contractual issue/loss of benefits or a decline in the music program or student enrollment. Why did you decide to retire “against your will?”

Please send your negative “stories” or “rationales” to paulkfox.usc@gmail.com by the end of the month. If you wish, your anecdotes or all references to you can remain anonymous.

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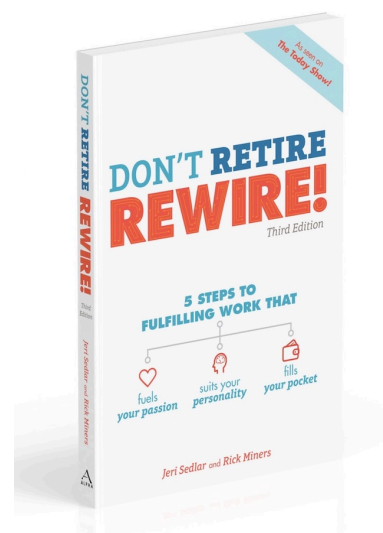


Book-of-the-month: *Don't Retire – REWIRE!*

"Imagine someone who worked for 40 years as a productive engineer, or marketing executive, or highly involved community leader, housewife, and mother, who now lives alone, isolated, in "retirement." What happens to the biology of that person's brain when there is a lack of stimulation and a cessation of learning and social interaction?"

"Perhaps more important, what happens to her quality of life? What is the meaning of a 'purposeless' old age? And what are the societal implications of an increasing number of older individuals leading unproductive lives?"

"To achieve quality of life, meaning, and significance with aging, older persons need to continue to acquire new knowledge and experience and to remain active at home, at work, and in their communities. *Don't Retire, REWIRE* is a road map, a personal manual, to help maturing people achieve productive aging." — Howard Fillitt, MD, in "Foreword"



According to the co-authors (wife and husband) Jeri Sedlar and Rick Miners, there are five steps to this "rewiring" process:

1. Seeing the opportunity: retiring is a going *from*, and rewiring is a going *to*.
2. Identifying your "drivers."
3. Linking the drivers to your activities.
4. Creating your rewired vision.
5. Developing your action plan.



The primary focus of their book, *Don't Retire, REWIRE* (published in 2018 by Alpha) is on "the aspect of retirement most people either ignore or can't face: what will I do, and how will I manage my time when I am no longer working?" You will be introduced to several individuals who thought they "flunked" retirement, as well as read stories of four pre-retired people who chose the alternative to traditional retirement, labeled *rewirees*, and track their progress throughout the book.

You may be inspired by their mission statement in the publication's "Preface."

"We observed that the idea of living longer evokes a broad range of emotions in people - from realistic to optimistic to downright pessimistic. For the people who have hobbies, passions, and dreams, longevity is a gift. For those without, it's not. We come down firmly on the positive side and hope this new edition will help you find and enjoy fulfillment in your rewritten life."

This is your guide "to channel your energy and experience into new possibilities that can be financially and personally rewarding - whether it is a part-time job, volunteer work, or even a next career!"

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More stuff "on the Web"

Surfing the 'Net, we found these interesting articles:

- "36 Jobs for Former Teachers That Can Give You a Fresh Start" (*Trade Schools, Colleges, and Universities*) <https://www.trade-schools.net/articles/jobs-for-former-teachers.asp>
[I am reminded that the qualifications that made us great music educators are indispensable in so many other types of employment!]
- "Former Students Surprised Music Teacher Who Changed Their Lives" (*CBS News*) <https://www.cbsnews.com/news/former-students-surprise-music-teacher-who-changed-their-lives-ponca-city-chorale-oklahoma/> [Get out your Kleenex... this is a touching story!]
- "Journey Through the Six Stages of Retirement" (*Investopedia*) <https://www.investopedia.com/articles/retirement/07/sixstages.asp> [The twists and turns of leaving your full-time job are actually predictable!]



Late breaking news from PMEA...

PMEA combines with NAFME for the Annual Spring Conference: The PMEA State NAFME Eastern Division Conference "Innovation, Access, and Insights" will be held on April 4-7, 2018 at the Westin Convention Center in Pittsburgh. Registration and hotel rates have been posted at <https://www.pmea.net/2019-eastern-division-information/>. If you are able to attend [we'd love to see you enjoy my "home town!" PKF], mark on your calendar the Annual Retired Member Breakfast on Friday, April 5 at 7:30 a.m. In addition, we need retiree volunteers to help man the PMEA Info Booth... more details to follow.

PDE and PMEA lead the way with TTRR initiative: Retired (?) music teachers David Deitz and Paul Fox presented at three separate conferences in September and October, blending nationally distributed research and PDE specific data to showcase the work of PMEA in the area of Teacher Training, Recruitment, and Retention. The attrition data for PA music and art teachers and the services available through PMEA and PAEA to support and mentor in-service teachers, as well as encouraging high school students to get into the arts teaching pipeline, were shared at the national meeting in Kansas City, MO of the State Education Agency Directors of Arts Education (SEADAE), and the state meetings of PA Arts Education Association and PA School Boards Association.

PMEA endorses Little Kids Rock: PMEA recognizes the need to provide music education experiences that are culturally relevant and more inclusive of music styles in addition to the "traditional - conservatory" model. The non-profit organization Little Kids Rock (LKR) offers a forward-thinking solution to interpolating a popular music approach in tandem with the traditional/conservatory approach, which is based upon research-developed pedagogy and curriculum. PMEA will work with PDE and LKR to offer teacher training and support of student opportunities in the Modern Band curriculum and pedagogy.



Happy trails, retirees! Please send us updates of your news and views! PKF

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