



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!

“Ho-ho-ho” from Reader’s Digest (“Christmas Jokes”)

<https://www.rd.com/jokes/christmas-jokes/>

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Christmas: The time when everyone gets Santamental.

How did Scrooge win the football game? The Ghost of Christmas passed.

What do you call Santa's helpers? Subordinate Clauses.

What is Santa's primary language? North Polish.

Who is a Christmas tree's favorite singer? Spruce Springsteen.

What's Santa's favorite snack food? Crisp Pringles.

What kind of bike does Santa ride? A Holly Davidson.

Why does Santa go down the chimney? Because it soots him.

Why do Dasher and Dancer love coffee? Because they're Santa's star bucks.

How is the alphabet different on Christmas from every other day? There's Noel.

What do you call an outlaw who steals gift wrapping from the rich to give to the poor? Ribbon Hood.

Why did Scrooge keep a pet lamb? Because it would say, “Baaaaahh humbug!”

Why didn't Rudolph get a good report card? Because “he went down in History.”

Why did the couple get hitched on the 24th of December? So they could have a married Christmas.

Which holiday mascot has the least spare change? St. Nickel-less.

How did the ornament get addicted to Christmas? He was hooked on trees his whole life.

Why are Christmas trees so fond of the past? Because the present's beneath them.

What do you call a kid who doesn't believe in Santa? A rebel without a Claus.

Why does St. Nick like the Temptations' version of Silent Night? Because Santa Was a Rolling Stone.

Why was Santa's little helper feeling depressed? Because he had low elf esteem.

What do you get when you combine a Christmas tree with an iPad? Pineapple.

Did you hear that Rudolph the Red-Nosed Reindeer never went to school? He was elf taught.

Holiday season: a deeply religious time that each of us observes by going to the mall of our choice.

What do you call people who are afraid of Santa Claus? Claustrophobic.

What did Adam say the day before Christmas? It's Christmas Eve.

I once bought my kid a set of batteries for Christmas with a note on it saying, “Toys not included.”



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PMEA Retired Member Network eNEWS: December 6, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

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Mark your calendars to participate in the PMEA "Pittsburgh pilgrimage!"

NAfME Eastern Division Conference *Innovation, Access, Inspiration* - April 4-7, 2019

You are cordially invited to attend the upcoming combined NAfME Eastern Division and PMEA State Music Teacher In-Service Conference to be held on April 4-7, 2019 at the David Lawrence Convention Center in Pittsburgh. The early-bird rate for **retired members** is **only \$30**. (What a deal!) Registration and hotel information are posted at <https://www.pmea.net/2019-eastern-division-information/>.



Special features of this year's professional development "big event" are:

- Over **150 sessions** and **47 performing groups**, as well as **92 exhibits** (as of 11/21/18) will represent "the state of the art" of PMEA and NAfME Eastern Division.
- **Peter Boonshaft** and **Dr. Tim Lautzenheiser** will serve as Thursday's keynote speakers.
- Friday's general session will feature **Anne Fennell**, NAfME Innovations Council Chair.
- A **TED Talk**-style general session will be sponsored on Saturday with violinist and Olympic medalist swimmer **Elizabeth Beissel** as well as high school "non-traditional" student musicians.
- Thursday evening will spotlight the **Pittsburgh Symphony Orchestra** in an exclusive-for-attendees performance at the luxurious Heinz Hall of Pittsburgh.
- The **United States Navy Band and Sea Chanters Chorus** will be the climax of Friday's activities.
- On Saturday evening, the **All-State Vocal Jazz and Jazz Band Ensembles** will perform with the **All-East Jazz ensemble**, featuring a combined number PMEA had composed for the All-State and All-East Jazz bands
- The Pittsburgh conference will host rehearsals and concerts of nearly **1500 students** in the 2019 **PMEA All-State** and **NAfME All-East Honors** groups. (Consult **PMEA News** for the conductors.)
- The **first-ever Eastern Division Retired Member Breakfast Meeting** is set for Friday at 8 a.m.
- Keynoter **Dave Hughes** will present a "Design Your Own Retirement" workshop on Friday at 1 p.m.
- Urban Music "field trips" are planned to visit **Pittsburgh City Schools** on Friday (see below).

Spotlight: Urban Music Education

Shared by PMEA Immediate Past President Henry Pearlberg

"Urban Site Visit" - Pittsburgh City Schools - NAfME/PMEA Conference 2019

Join 60 conference attendees to observe innovative and diverse music programs in the Pittsburgh City Public Schools. Choose one of four groups (15 max people for each bus). Each tour will consist of two school visits. Attendees will have a follow-up sharing session in the afternoon.



The fee for the Urban Site Visit is \$10.00 to cover transportation costs.

- Tour A: **Dilworth K-5 Morning Meeting/Obama 6-12 Steel Drums**
- Tour B: **Allderdice HS Band/CMU Recording Studio, Hip Hop Project**
- Tour C: **King K-8 Modern Band & General Music/Allegheny K-5 General Music & Keyboarding**
- Tour D: **Brashear HS Music Technology/South Hills MS General Music & Keyboarding**

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Retirees: You can enjoy the sites and attractions of the "Steel City!"

One great thing about being retired is that you can attend any of the NAFME/PMEA concerts, keynotes, sessions, and exhibits you want, observe a rehearsal or two of PMEA All-State or NAFME Eastern Division ensembles, or take the "field trip" to Pittsburgh City Schools, but then spend a "lion share" of your time to "get to know our city." I cannot help being "a cheerleader" about Pittsburgh Proud! Here's a summary of the things-to-do in *my home town*:



City of Pittsburgh

- Take a ride on **The Incline** <http://www.portauthority.org/paac/schedulesmaps/inclines.aspx> and eat at the exclusive **LeMont Restaurant** <http://www.lemontpittsburgh.com/LeMont/> in picturesque Mt. Washington.
- Travel on **Molly's Trolley** <https://www.mollystrolleyspggh.com/> or (my favorite) **Just Ducky Tours** <http://www.justdukytours.com/>.
- Visit the **Carnegie Science Center** <http://www.carnegiesciencecenter.org/visit/>, **Fort Pitt Block House** <http://www.fortpittblockhouse.com/>, **Andy Warhol Museum** <https://www.warhol.org/>, and **Heinz History Center** <http://www.heinzhistorycenter.org/> (all downtown). You might be able to do these in one day... if you rush things a bit!
- Enjoy the **Pittsburgh Symphony Orchestra** featuring the music of Tchaikovsky and Brahms at Heinz Hall on Friday or Saturday, April 5-6 at 8 p.m. or Sunday, April 7 at 2:30 p.m. https://pittsburghsymphony.org/production/55695/list_performances.
- The **Pittsburgh Opera** is presenting La Bohème at Benedum Center on Friday, April 5 at 7:30 p.m. and Sunday, April 7 at 2 p.m. <https://opera.culturaldistrict.org/production/55439/la-boheme>.
- Participate in the **Workshop for Educators on the opera "Don Pasquale"** (\$15/fee for lunch) on either April 4 or 6, 2019 from 9:00 a.m. to 4:00 p.m. at the Pittsburgh Opera Headquarters. (Please make a reservation in advance with Marilyn Egan at megan@pittsburghopera.org)
- See the **Point Park University Conservatory Theater Company's** performance of "History Boys" on April 4-5 at 8 p.m. and April 6-7 at 2 p.m. at the Pittsburgh Playhouse's Highmark Theater <http://www.pittsburghplayhouse.com/current-season/conservatory-theatre-company/history-boys>.
- In Oakland, check out the **Carnegie Museum of Natural History** <http://www.carnegiemnh.org/>, the **Nationality Rooms in Pitt's Cathedral of Learning** <http://www.nationalityrooms.pitt.edu/>, the **Carnegie Museum of Art** <http://cmoa.org/art/>, and the **Phipps Conservatory** <https://www.phipps.conservatory.org/>.
- Other sites to see (if time allows) is the **National Aviary** in Northside/Pittsburgh <https://www.aviary.org/> (pretty close to downtown) and the **Pittsburgh Zoo and Aquarium** (allow for a 30-minute drive) <http://www.pittsburghzoo.org/>.

We need **your** help... Please?

The challenge of the 2019 NAFME Eastern Division and PMEA State conference is *three days* of sessions, and we need to "man" the **PMEA INFO DESK** on April 4-6. Coming soon... a way to schedule volunteers to assist the PMEA staff in Pittsburgh.

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Gifts for the well-equipped music teacher retiree

My wife and I seldom make "a big deal" about gift exchanging for birthdays and other special occasions. Both of us are retired members, and after all, at this point in our lives, we just go out and purchase or budget something for our home renovation projects, a replacement appliance, new car, etc., whatever/whenever we need it. And, we no longer have the need to "re-gift" a plethora of Sarris chocolate-covered pretzels, ornaments, music ties, or pastry plates left on our desks the week before winter recess by our well-intentioned and appreciative (if not always "well-practiced") music students. (Earlier in my career, I returned the favor and gave my string students a nail-clipper tied to a candy cane. Fun!)



Retirees have a different set of personal goals, needs, and wants... and it almost goes without saying that we no longer look for those "life without music would b-flat" coffee mugs or "awesome music teacher" t-shirts under our tree.

Retirement is all about "spontaneity!" The epiphany of "being impromptu and retired," one of the most unusual presents my wife and I gave each other was in celebration of our 40th wedding anniversary last August. (No, we did not buy the prescribed *ruby* rings!) While driving to the office equipment store to order a chair for my little bichon frise (yes, to exactly match the customized desk chair in my new "man cave" office - "Gracie" wants to sit by me and watch while I type articles!), we noticed the Fireplace/Patio Place shop. "Let's replace our fireplace screen," my wife suggested (albeit we have never lit a single fire in our house!). Fifteen minutes later, we had signed on the dotted line for the installation of a new fireplace gas-log. What an outstanding acquisition! Talk about being mesmerized by the soothing warmth and flicker of a flame... and it may even serve to lower our heating costs this winter!



Continuing your quest for creative self-expression and artistic pursuits, one of the best ways you can be generous to yourself during this "merry season" is to buy sheet music, an instrument upgrade, or other musical accessory. (Do you need a new bow, mouthpiece, rosewood baton, or piece of drum equipment?). From one retiree to another, the best advice I can give you: rekindle your art and that "musical magic" in yourself. (Why did you go into music education in the first place?) Besides taking a trip or two, visit your local music store.



Oh, I did find one thing a retired (and sardonic) teacher might like... this shirt.

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“Quick-bits” - Blog-posts to peruse

Robin Ryan - “One Thing Pre-Retirees Never Talk About But Should” in *Forbes*

<https://www.forbes.com/sites/robinryan/2018/10/23/one-thing-pre-retirees-never-talk-about-but-should/#43aec3c7917>

Kathy Merlino - “Wisdom” in *Kathy's Retirement Blog*

<https://kathysretirementblog.com/2018/10/20/wisdom/>

Jean Potuchek - “Framing Aging: Second Childhood” in *Stepping into the Future*

<https://stepintofuture.wordpress.com/2018/11/14/framing-aging-second-childhood/>

Joe Hearn - “What Are You Afraid Of” in *Intentional Retirement*

<https://intentionalretirement.com/2018/11/what-are-you-afraid-of/>

Dave Bernard - “Make the Most of Retirement By Staying Active” in *Retirement - Only the Beginning*

<http://lovebeingretired.com/2018/11/16/make-the-most-of-retirement-by-staying-active/>

“Fabulous Places to Retire” series

We are fortunate to receive a generous contribution from our newest corporate sponsor, The Fischetti Barry Group at

Morgan Stanley

Morgan Stanley Wealth Management, Upper St. Clair, PA, to invite the “guest speaker”



Dave Hughes to present a “Design Your Ideal Retirement” workshop at the NAFME Eastern Division/PMEA State Conference on April 5, 2019 at 1 p.m. in Pittsburgh. So appropriate after my article “Where Should I Retire” in the Fall 2018 *PMEA News*, here's a taste of Dave's wisdom and inspiration, his links to “Fabulous Places to Retire.” Do you want to see the world?

- <http://retirefabulously.com/2018/10/17/fabulous-places-to-retire-malta/>
- <http://retirefabulously.com/2014/07/04/fabulous-places-retire-spain/>
- <http://retirefabulously.com/blog/2014/05/12/fabulous-places-to-retire-france/>
- <http://retirefabulously.com/blog/2014/05/19/fabulous-places-to-retire-uruguay-2/>
- <http://retirefabulously.com/blog/2016/01/27/fabulous-places-to-retire-colombia/>
- <http://retirefabulously.com/blog/2016/01/27/fabulous-places-to-retire-colombia/>
- <http://retirefabulously.com/blog/2017/08/05/fabulous-places-to-retire-portugal/>

Still looking... Stories about involuntary music teacher retirements

For a future article in *PMEA News*, we are seeking narratives from any retired members who 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 email your negative “stories” or “rationales” to paulkfox.usc@gmail.com by **December 15**. If you wish, your anecdotes and all references to you will remain anonymous.

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Book-of-the-month: *I've Decided to Live 120 Years*

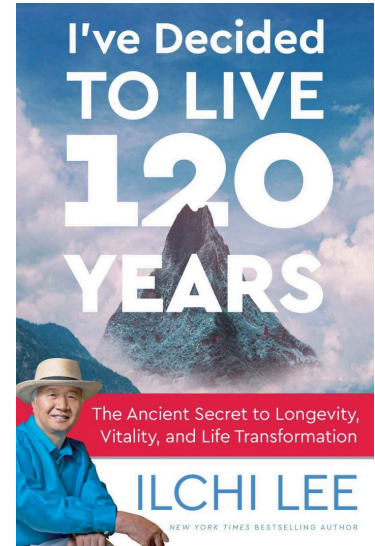
"The Ancient Secret to Longevity and Life Transformation" by Ilchi Lee

"For most of our lives, we work hard, reaching for success, until we are faced with retirement. If you retire at age 65, you may think you have about 20 more years to relax and enjoy your life. But what if you had more time? What if you had another 40 or 50 years to live? Would it make a difference in how you lived?"

"Ilchi Lee stresses that you can extend your life way beyond what most of us have accepted as our biological age limit, even up to 120 years. But the real question is, can we have not only a long life, but also a fulfilling one? Lee's answer is a resounding yes, and it starts with the power of choice, a practice of self-reliance, and most importantly, a greater sense of purpose."

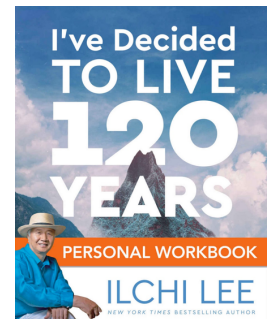
— Amazon

"A *New York Times* bestselling author and one of the most renowned meditation teachers in our time, Lee challenges you to radically rethink your ideas on aging, health, personal fulfillment, and what's possible in your lifetime." — Back Cover



How about a little "change-of-face" to add to your retirement library? Chapters:

1. I've Decided to Live 120 Years
2. What Is Humanity's True Path?
3. How Do We Achieve Completion?
4. Reflect on the First Half of Your Life, Design the Second
5. Physical Power Is Life - Just Move
6. Discover New Sources of Happiness
7. Let Go of Attachments to Find Peace
8. Don't Fear Solitude - Enjoy It
9. Give Your Brain Hopes and Dreams
10. Cultivate Yourself Continuously
11. Share and Give
12. Be Close to Nature
13. What We Leave Behind



His companion guide, the "Personal Workbook," may help you apply the methods of reflection, exercise, and spiritual practice.

Ilchi Lee founded his "mind-body practices of Body & Brain Yoga and Brain Education" and established the "Earth Citizen Movement," including the creation of "Earth Village," a residential school and community in New Zealand where people can go to experience a self-reliant, earth-friendly lifestyle in harmony and peace. Throughout his book, he shares his philosophies for the future of humankind... a very intriguing approach!





CODA: A news story to happily make you “reach for the Kleenex”

“A Big Surprise for a Music Teacher Who Had a Big Impact on His Students”

CBS News “On the Road” by Steve Hartman: <https://www.youtube.com/watch?v=bH179wiFBSk>

If you missed this in July, enjoy the “choral class reunion” retiree Robert Moore received from his 300+ appreciative students.



*“The mediocre teacher tells.
The good teacher explains.
The superior teacher demonstrates.
The great teacher inspires.”
— William Arthur Ward*

Thank you for inspiring us!

What’s missing in this eNEWS? YOU!

As your coordinator, I started this e-publication to maintain a connection with our “retired members network” and to share stories, successes, and even provide a little “bully pulpit” for opinions and perspectives from our “post-employed experts” to help each other and future retirees.

Recently I was brought to task by “Glen” on the NafME AMPLIFY retired member community discussion group, who complained about the “focus” of the national forum:

“I really appreciate the need for posts like this last one, on more books for those who are soon to retire, but I thought this was the “retired members digest”, not the “soon to be retired” members digest. Sorry to rant, but having been retired for a number of years, several posts devoted to the soon-to-be retired is not what I was expecting. I’m just sayin’...”

He is right. We do spend a lot of time and space on “transitioning to retirement” and less on actual updates and achievements of our former full-time music teachers. I would love to add submissions from YOU – our already-retired members. Please don’t be bashful... Send me “stuff,” even pet peeves, funny teaching anecdotes, or (bad) jokes!

Happy trails, retirees! Contribute to eNEWS via email: paulkfox.usc@gmail.com PKF

