



PMEA Retired Member Network **eNEWS**: January 3, 2019

by Paul K. Fox, PMEA Retired Members Coordinator

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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!



"New Year Celebration Season Event" by SchoonIngekaderd from Pixabay.com

Funnies for the New Year from JokeQuote

<https://www.funny-jokes-quotes-sayings.com/new-year-jokes.html>

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How you elect to spend New Year's Eve will depend on your:

1. Age, 2. Remaining levels of optimism, 3. Threshold of pain. - Joseph Connolly

May you find the strength to write, "Who is this?" to all the strange numbers that text you "Happy New Year!" tonight. - Damien Fahey

Who has time to party on New Year's Eve? It takes me all evening to set my clocks ahead a year.
- William Ader

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. - Bill Vaughan

A new year's resolution is something that goes in one year and out the other. - Anonymous

On New Year's, just remember. If your cup runneth over, you've probably reached your limit.
- Melanie White

Every New Year is the direct descendant, isn't it, of a long line of proven criminals? - Ogden Nash

My new year's resolution is to get better at pretending to know the words to Auld Lang Syne.
- Waitwait

New Year's Eve, when auld acquaintances be forgot. Unless, of course, those tests come back positive. - Jay Leno

May all your troubles last as long as your New Year's resolutions. - Joey Adams

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One retiree's rant on keeping up with technology

by Paul Fox at <https://paulkfoxusc.wordpress.com/2018/12/08/one-retirees-tech-rant/>

"When Your Car (or Smartphone or Computer or Soundbar) is Smarter Than You"

Are you angry about the dominance of technology in everyday life? Are you upset about the "new normal" of seeing mostly the tops of the heads of your grandchildren, friends, and neighbors as they constantly gaze at their "tech toys?" Are you resigned to the fact that you never seem to know how to deal with a new operating system update or software installation? Have you "crashed" a computer or destroyed your phone recently? Do you own a new 21st-Century appliance or app that you found you really don't need?

Read my recent blog-post to help with some of this anger management, and for several thoughtful tips on surviving the "digital age!" <https://paulkfoxusc.wordpress.com/2018/12/08/one-retirees-tech-rant/>.



In case you missed it... Pittsburgh is the place for PMEA/NAfME this spring!

NAfME Eastern Division and PMEA State *"Innovation, Access, Inspiration"* in-service conference will 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**. See the PMEA website for registration, schedule of events, and hotel information.

Special features of this year's "big event" (worth repeating!) are:

- Over **150 sessions** and **47 performing groups**, as well as **104 exhibits** (as of 12/20/18) will represent **"the state of the art"** from PMEA and NAfME Eastern Division.
- Bring your instrument/voice to perform in a **band, string or choral "academy"** April 4-5.
- **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.

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The sights, sounds, and attractions of "The Steel City!"



Being retired means that you can attend any of the NAFME/PMEA concerts, keynotes, sessions, and exhibits you want, or observe a rehearsal or two of PMEA All-State or NAFME Eastern Division ensembles, but then spend a "lion share" of your time exploring "The City of Bridges" this coming April.

- 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 around on **Molly's Trolley** <https://www.mollystrolleyspg.com/> or **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.phippsconservatory.org/>.
- Other sites to see (if time allows) is the **National Aviary** in Northside/Pittsburgh <https://www.aviary.org/> (pretty close to the downtown area) and the **Pittsburgh Zoo and Aquarium** (allow for a 30-minute drive) <http://www.pittsburghzoo.org/>.

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Help wanted: INFO DESK volunteers needed!

The PMEA INFO DESK at the NAFME/PMEA Conference needs to be manned on Thursday through Saturday, April 4-6, 2019 in the David Lawrence Convention Center. If you are planning to attend the conference, we need your help, even for just a half-hour or two. Would you be willing to join PCMEA members, PMEA officers, staff, and Council representatives, and other retirees in doing a variety of informal networking: "meeting and greeting" conferees, exhibitors, clinicians, performers, and guests, giving out directions to rooms, distributing materials and updated schedules, selling PMEA memorabilia, assisting in registrations, etc.?

After you review the conference schedule (see online or in the next *PMEA News*), send your available times to Paul Fox, Retired Member Coordinator (paulkfox.usc@gmail.com) or sign-up using the online app coming in mid-January and February. Thanks so much!

PMEA INFO DESK	Thursday 8:30 a.m.-3:30 p.m.	Friday 8:30 a.m.-11:00 a.m. 1:00 p.m.-5:00 p.m.	Saturday 9:30 a.m.-12:30 p.m. 2:00 p.m.-4:30 p.m.
<i>Half hour time slots beginning at</i>	<i>April 4, 2019 Collegiate Events</i>	<i>April 5, 2019 Collegiate Events</i>	<i>April 6, 2019 Collegiate Events</i>
8:30 a.m.	Band, Choral, and String Director Academies	Retired Member Breakfast (8am) and Academies	PMEA Awards Breakfast
9:00 a.m.			
9:30 a.m.		Urban Site Visits (morning)	N. Pittsburgh Youth Flutes
10:00 a.m.	Ambridge Area Steel Band, IUP Chorale, North Hills HS Wind Ensemble	Greater Latrobe Chamber Choir and Dolce Armonia, Upper Dublin HS Strings, West Shore Percussion	Freeport HS Select Chorale, Simsbury Singers, PMEA 2019 All-State Band & Orchestra , Temple University Concert Choir
10:30 a.m.			
11:00 a.m.	Radnor String Quartet	GENERAL SESSION NAFME President Kathleen Sanz Duquesne University Electronic Ensemble	Monroe Twp. Percussion
11:30 a.m.	Messiah College Wind Ens., Lower Moreland HS Jazz, Hershey Symphony Fest Str.		
Noon	IUP Faculty WW Quintet		
12:30 p.m.	Slippery Rock Univ. Jazz, Brockton Concert Choir, Nazareth HS Nightingales	Design Your Ideal Retirement	GENERAL SESSION "Ted-Talk Style"
1:00 p.m.			
1:30 p.m.	Messiah College Trumpets	Slippery Rock Flute Ensemble	Temple University Wind Symphony, Tower School 7 th /8 th Grade Chorus
2:00 p.m.	Grove City College Orch., Mt. Lebanon HS Wind Ens., Poquessing MS Choir	Cabin John MS Advanced Band, William Tennent Jazz, Penn State Univ. Glee Club, P2 Select String Ensemble	Montgomery Blair HS Chamber Orchestra, Mount View MS Symp. Band, PMEA 2019 All-State Wind Ensemble & Chorus
2:30 p.m.	GENERAL SESSION Dr. Tim Lautzenheiser & Peter Boonshaft Millionaire Strolling Str.	Westfield HS Handbells	
3:00 p.m.		Penn State Symphonic Wind Ensemble	
3:30 p.m.			
4:00 p.m.	Pittsburgh Symphony Orchestra in Heinz Hall	United States Navy Band and Sea Chanters Chorus	NAFME/PMEA Jazz & Vocal Jazz Ensembles
4:30 p.m.			
Evening			

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New Year's resolutions for Retired Members

It is likely that by the time you read this page, if you had made New Year's resolutions, you may have forgotten them or fell short of even starting your 2019 aspirations. My new approach is to examine and expand on what I was planning to do anyway... not to propose lofty ambitions like losing 30 pounds or exercising an hour a day (both not likely to ever happen no matter my best intentions). What I have learned about setting personal goals (and I taught these concepts during student leadership training) is that you need to "keep them simple," "write them down," "make them measurable," "revisit and revise your plans often" and "publish or announce them" somehow. Tell your spouse, "This is what I am going to accomplish in the New Year." A great place to post your "promises" for everyone to see is where you get up in the morning... perhaps on or near your bedroom or bathroom mirror.



The last time I wrote an article about New Year's resolutions was in December 2015. You can see the blog which was also printed in a *Retired Member Network eNEWS* at <https://paulkfoxusc.wordpress.com/2015/12/22/random-acts-and-other-resolutions/>. Here are additional links to "inspire" your own "pursuit of self-improvement," if you decide you are willing to commit the time and energy for a "growth-spurring" exercise. My apologies for multiple references to the term "seniors." I don't know about you, but I don't consider myself a senior until I hit a hundred years old!

- <https://www.healthinaging.org/resources/resource:top-10-healthy-new-year-s-resolutions-for-older-adults/>
- <https://www.fool.com/retirement/2017/12/17/the-top-3-financial-resolutions-for-2018-and-how-t.aspx>
- <https://www.sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx>
- <https://www.brookdale.com/en/brookdale-life/blogs/2018/01/seven-smart-new-years-resolutions-for-seniors.html>
- <https://www.mylifesite.net/blog/post/7-resolutions-seniors-can-make-for-the-new-year/>
- <https://nafme.org/setting-stage-new-years-resolution-music-educators-2019/>

The final bullet above is from Mike Blakeslee, our NAFME CEO/Executive Director.





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So, to "practice what I preach," here's another set of "attainable" resolutions, that I, Paul K. Fox, agree to achieve in 2019:

1. Instead of fearing it, learn something new about technology every month, and make sure I back-up all of my files, sanitize my devices, change my passwords from time to time, and maintain an updated online account vault. (This is in spite of my aforementioned "rant" about technological innovation at <https://paulkfoxusc.wordpress.com/2018/12/08/one-retirees-tech-rant/>.)
2. Keep up my skills on my major instruments and be sure to play or sing a little every day. For the longer-term, it is probably time for me to upgrade my principal "passion," and purchase a new viola... possibly around my birthday in the spring. As I'm getting older and have more arthritis and other "aches and pains," it's time to downsize to a more playable instrument to enjoy making music more often. My current viola is nearly $16\frac{3}{4}$ inches long.
3. Engage more PMEA Retired Members using every strategy I can find. This may mean calling them on the phone and finding out what they've been up to. It has been hard to get much feedback or updates from the group that represents 10% of all PMEA members.
4. In the same breath, figure out new ways to more actively involve the members of our PMEA State Council for Teacher Training, Recruitment, Retention, which exists solely as an advisory committee to help our entire professional association.
5. Upon completion of our new kitchen renovation over the next several weeks, explore and practice creating at least one new dish every month. My present cooking skills are limited.
6. Continue to share on this online forum and the NAFME amplify community discussion platform what I've learned from the "school of hard-knocks" and those illuminating chestnuts regarding music education, ethics, and ways to find purpose and happiness in retirement.
7. Since we never had kids, spend as much time as I can hugging my two lovable dogs - Gracie, our bichon frise and Brewster, our yorkie-poo. Ah, the joy of unrequited love!

What is FIRE?

Have you ever heard the term FIRE? "Financial Independence & Retire Early?" Not me! Although I felt being able to enjoy full retirement after a mere 35 years was due to the blessings of advance-planning and the benefit of public-school teaching supported by an excellent pension, this really is not the "norm" for most careers. The advocates of FIRE, "a movement dedicated to a program of extreme savings and investment that allows proponents to retire far earlier than traditional budgets and retirement plans would allow," worship the concepts of "minimalism" and "frugality." Perhaps we can learn a few financial tips from these disciples of an extreme-saving lifestyle?

- <https://www.investopedia.com/terms/f/financial-independence-retire-early-fire.asp>
- <https://money.usnews.com/investing/investing-101/slideshows/9-tips-to-conquer-fire-financial-independence-retire-early>
- <https://thecollegeinvestor.com/19862/fire-for-non-frugal-people/>

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No retirement book for January?

Nope! Did not find one! However, turn to the next page of this eNEWS for an index of past "book reports" on guides to post-employment planning and "living the dream." All of our retiree e-publications (including the bad jokes) are archived in one convenient place: <https://www.pmea.net/retired-member-network-e-news-archive/>.

Please send me anything that has inspired you... Remember, we are in this together! What book, article, or link helped you transition the retirement journey?

However, I did stumble upon an excellent resource for pre-service and prospective new music teachers. If you are serving as a methods teacher, student teaching supervisor, or just work with college music education majors, check out my super-short rave review reprinted from the December 2018 *Collegiate Communique* sponsored by the Council for Teacher Training, Recruitment, and Retention.

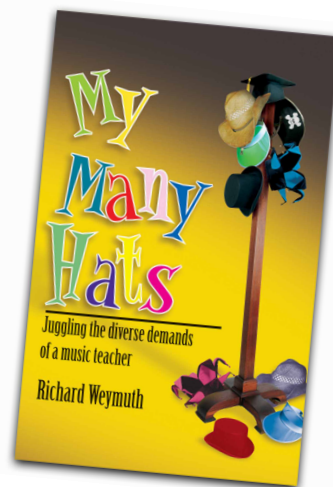
To all collegiates... music education majors and their methods teachers: I must have been asleep when it first came out in 2005! Check out the inspirational paperback **My Many Hats: Juggling the Diverse Demands of a Music Teacher** by Richard Weymuth (Heritage Music Press).

A quote from the author in his Introduction:

"I want my hats to put a smile on your face as you read this book, just as they do for the airport security guards as they go through my bags at the airport. They ask, "Are you a magician? A clown? An entertainer?" My answer is, "Yes, I am a teacher."

His Table of Contents tells it all:

1. The Hat of a Ringmaster: Managing your classroom and your time
2. The Hat of a Leader: Setting the direction and tone of your classroom
3. The Hat of a Scholar: Learning when "just the facts" are just fine, and when they aren't
4. The Hat of a Disciplinarian: The Three C's: Caring, Consistency, and Control
5. The Hat of an Eagle: Mastering your eagle eye
6. The Hat of a Crab: Attitude is everything; what's yours?
7. The Hat of a Juggler: Balancing a complicated and demanding class schedule
8. The Hat of a Banker: Fund raising and budgeting
9. The Hat of an Artistic Director: Uniforms and musicals and bulletin boards, oh my!
10. The Hat of a Lobster: Establishing the proper decorum with your students
11. The Hat of a Pirate: Finding a job you will treasure
12. The Hat of a Bear: Learning to "grin and bear it" in difficult situations
13. The Hat of a Peacock: Having and creating pride in your program
14. The Hat of Applause: Rewarding and recognizing yourself
15. The Hat of a Flamingo: Sticking out your neck and flapping your wings



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Missed an issue? eNEWS index of archived retirement book mini-reviews



60 Things to Do When You Turn 60 edited by Ronnie Sellers **8/26/17**

Adventures in Retirement - A Hilarious Journey into the Unknown World of Excess Time, Limited Responsibilities, and an Uncertain Future by Lawrence Doyle **8/2/18**

The Art of Retirement by Gary Williams **4/5/18**

Big Book of Retirement Secrets by David Eifrig **2/24/17**

The Couple's Retirement Puzzle: 10 Must-Have Conversations for Transitioning to the Second Half of Life by Roberta Taylor and Dorian Mintzer **5/29/17**

Design Your Dream Retirement - How to Envision, Plan for, and Enjoy the Best Retirement Possible by Dave Hughes **1/9/17**

Don't Retire - Rewire by Jeri Sedlar and Rick Miners **11/1/18**

Get the Most Out of Retirement by Sally Balch Hurme **8/13/17**

The Healing Journey Through Retirement by Phil Rich, Dorothy Madway Sampson, and Dale S. Fetherling **3/8/18**

Honey, I'm Home: How to Prevent or Resolve Marriage Conflicts Caused by Retirement by Robert P. Delamontagne **1/25/17**

How to Retire Happy, Wild and Free by Ernie J. Zelinski **8/15/16**

I'm Retired... Now What? by Kyle A. Sadler **9/10/17**

I've Decided to Live 120 Years by Ilchi Lee **12/06/18**

The Joy of Retirement by David C. Borchard **7/30/17**

Life Reimagined: The Science, Art, and Opportunity of Midlife by Barbara Bradley Hagerty **2/1/18**

Living a Satisfying Retirement by Bob Lowry **6/7/18**

The Longevity Revolution - The Benefits and Challenges of Living a Long Life by Robert Butler **6/10/17**

My Next Phase: The Personality-Based Guide to Your Best Retirement by Eric Sundstrom, Michael Burnham, Randy Burnham **5/3/18**

The New Retirement - Ultimate Guide to the Rest of Your Life by Jan Gullinane and Cathy Fitzgerald **10/4/18**

The Power Years by Ken Dychtwald and Daniel J. Kadlec **11/23/16**

The Psychology of Retirement by Derek Milne **12/4/17**

Purposeful Retirement by Hyrum Smith **6/24/17**

Retirement Fail - The 9 Reasons People Flunk Post-Work Life & How to Ace Your Own by Greg Sullivan **9/6/18**

Retirement Reinvention by Robin Ryan **7/5/18**

The Retiring Mind: How to Make the Psychological Transition to Retirement by Robert P. Delamontagne **1/25/17**

Revitalizing Retirement: Reshaping Your Identity, Relationships, & Purpose by Nancy K. Schlossberg **10/17/17**

Shifting Gears to Your Life & Work After Retirement by Dr. Carolee Duckworth and Dr. Marie Langworthy **5/4/17**

Smooth Sailing into Retirement - How to Navigate the Transition from Work to Leisure by Dave Hughes **1/2/18**

TIPS: Retirement for Music Educators compiled by A. Verne Wilson **9/3/16**

What Color Is Your Parachute... for Retirement by John E. Nelson and Richard N. Bolles **11/9/17**

Find past issue of **PMEA Retired Member Network eNEWS** at
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Programs from Retired Members

(Please send programs of any interesting concerts you conducted, performed, or attended!)

Thomas Lloyd (brother of John Lloyd) directing the Columbus State Concert Band on December 4, 2018

Jerry Herman/arr. Frank Cofield: *We Need a Little Christmas*

Tchaikovsky/arr. Ed Hucceby: *Themes from "Nutcracker"*

Sam Hazo: *Rest*

Arr. John Lloyd: *3 Carols for 3 Oboes*

Gene Milford: *Shalom!*

Benjamin Hanby/arr. John Lloyd: *Up on the House Top*

Arr. Luigi di Ghisallo: *Christmas Spiritual*

Mark Jelinek directing the Southwest Symphony and Chorus in Hobbs, New Mexico on December 9, 2018

Hely-Hutchison: *Carol Symphony*

Anderson: *A Christmas Festival*

Wilberg: *O Come, All Ye Faithful*

Forrest: *O Little Town of Bethlehem*

Forrest: *Angels from the Realms of Glory*

Bach/Gounod: *Ave Maria*

Fry: *Sing the Carols of Christmas*

Dragon: *We Wish You a Merry Christmas*

(Encore) Anderson: *Sleigh Ride*

Paul Fox and 19 student "guest conductors" directing the South Hills Junior Orchestra at the Upper St. Clair High School in Pittsburgh on December 16, 2018

Brian Balmages: *Festive Fanfare*

Arr. Sandy Feldstein: *Chanukah Celebration*

Arr. Merle J. Isaac (from "Christmas Orchestra Folio"):

Christmas Procession, Christopher the Christmas Tree,

Sleigh Ride, Children's Christmas March, and all 18 Christmas carols.

*Season's Greetings from your
PMEA Retired Member Coordinator*



Happy trails, retirees! Please send me stuff, like updates/photos, concert programs, trip excursions, "encore career" happenings, recognitions, etc. paulkfox.usc@gmail.com PKF

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