



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 continuing to stay involved in PMEA!

February Funnies from **Will & Guys**

https://www.funny-jokes.com/months/index_feb.htm

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What do you call Punxsutawney Phil's laundry? Hogwash.

What do you get when you cross a groundhog with a pistachio? A green beast who predicts a dry spring, and acts like a nut.

"I have left orders to be awakened at any time in case of national emergency, even if I'm in a cabinet meeting." - Ronald Reagan

"I had pro offers from the Detroit Lions and Green Bay Packers, who were pretty hard up for linemen in those days. If I had gone into professional football, the name Jerry Ford might have been a household word today." - President Gerald Ford

"Most football players are temperamental. That's 90 percent temper and 10 percent mental." - Doug Plank, formerly of Chicago Bears

What do squirrels give for Valentine's Day? Forget-me-nuts.

Did Adam and Eve ever have a date? No, but they had an apple.

Bigamy is having one wife too many. Monogamy is the same. - Oscar Wilde

What is the difference between a girl who is sick of her boyfriend and a sailor who falls into the ocean? One is bored over a man the other is a man overboard.

If your aunt ran off to get married, what would you call her? Antelope.

What did the valentine card say to the stamp? Stick with me and we'll go places!

What is a ram's favorite song? "I Only Have Eyes for Ewe, Dear."

Paul went to the shopping mall this last week to buy Valentines' cards for his daughter and mother. The 50 feet of displays for hundreds of cards astounded him. Paul muttered out loud, "I wonder if they have anything for ex-wives?"

The shopkeeper, behind the counter said, "Oh, yes sir, they do have an 'ex' category, but they're in Sporting Goods."

"Really?" queried Paul.

"Yes sir. They're called darts."



Don't forget Valentine's Day!





"My turn..." Guest articles offering valuable perspectives from our retirees

by Dr. John V. D'Ascenzo

[Special thanks to John for being our first contributor to this forum. He said he has enjoyed reading the eNews and wanted to respond to my request (December 2018) from a brother retiree (Glen) for information regarding existing retirees rather than "soon to be" retirees.]



I retired in January 2010 after 35 glorious years in the School District of Philadelphia. The initial purpose was to care for my grandson, Landon, during the day while resuming my other activities on weeknights and weekends. Those activities included performing, private teaching and volunteering. That is a point I would like to focus on. Educators should maintain active lives outside of teaching, so that the transition into retirement is seamless.

As good fortune would have it, my granddaughter, Aerin, came along in 2011. Home-schooling and participating as a volunteer in their preschool produced two learners who are a grade-level ahead of their peers. A life-long bond has been forged as well. Becoming a grandfather and retiree caused me to fulfill a goal that I established more than 40 years ago: to earn a doctorate degree.

My biological clock was wildly ticking at the age of 57 in 2011. It was now or never. I chose now with the support of my wife, Terry, and immediate family. The choice of a business doctorate instead of a music or education focus, involved a desire to explore organizational theory from a source other than the K-12 environment. The choice aligned with my decision to conduct a dissertation study involving



Tri-M Music
HONOR SOCIETY

volunteering. Volunteering has been a part of my life that began in high school. I sponsored and directed a Tri-M Music Honor Society Chapter in my final five years. My students benefited greatly from this experience.

My doctoral studies truly drove me to reach within myself to achieve learning as I shared knowledge with MBAs. Those MBAs accepted my K-12 organizational contributions while sharing many business models. The knowledge that I gained assisted me in conducting and reporting my dissertation study. I successfully defended my study in April 2016 and began efforts to transition to a higher education educator.

I am pleased to state that I am now working as a University Adjunct Instructor and student teaching Supervisor both traditionally and online. I continue to perform, teach privately and volunteer. My 12th grade student recently achieved first chair in the PMEA District 11 auditions, as he did in 11th grade. An 11th grade student was chosen as well. The 12th grader will be

Millersville University

LANCASTER

attending Millersville University in the 2019 Fall semester as a Music Business Industry major.

These accomplishments are part of a presentation that I am devising called: "Swim Like A Shark."

This leads to my closing that I am dedicating to Paul Fox.

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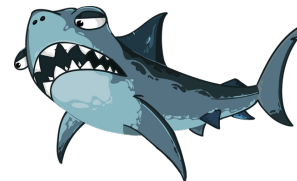
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by Paul K. Fox, PMEA Retired Members Coordinator

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Paul placed a request in Spring eNews editions asking for volunteers to attend the July 2018 PMEA Summer Conference in Harrisburg. I reached out to Paul via phone and he graciously accepted my offer to attend. Paul went further by allowing me to join his presentations with my personal contributions. These contributions were aimed at pre-retirees and existing retirees. Paul introduced me to individuals who run conferences in their respective PMEA Districts. This is the essence of collegiality that all retirees should experience.

I strongly encourage retirees to swim like sharks and contribute to PMEA, their communities as well as their personal growth. The phrase: "swim like sharks" refers to the fact that sharks must constantly swim, even while sleeping, in order to avoid drowning. Please keep growing by improving your personal knowledge with goals to share, enhance others and maintain a solid well-being. God bless all PMEA retirees and their families.



Register for the PMEA/NAfME "Innovation, Access, Inspiration" Conference!

Third time's a charm for this announcement! You won't want to miss the bi-annual NAfME Eastern Division and annual PMEA State joint 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**. See the PMEA website for registration, schedule of events, and hotel information.

Special features of this year's "big event" 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 Boonschaft** 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.

Revisit the January 2019 eNEWS for a list of local attractions. Why not *enjoy* Pittsburgh when you come?

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All-call for volunteer "PMEA greeters!"

Just like those friendly "welcome to Wahlmart" employees standing at the front door? We need to "man" the INFO DESK at the NAFME/PMEA Conference April 4-6, 2019 in the David Lawrence Convention Center. If you are planning to attend the conference, please sign-up for an hour or two. Retired member volunteers will join PCMEA members, PMEA officers, staff, and Council representatives, in doing a variety of informal networking jobs: "meeting and greeting" conferees, exhibitors, clinicians, guests, performers, etc., giving out directions to rooms, distributing materials and updated schedules, selling PMEA memorabilia, assisting in registrations, etc.

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

| 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 Sample Events</i> | <i>April 5, 2019 Sample Events</i> | <i>April 6, 2019 Sample 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. | Messiah College Trumpets | | |
| 1:30 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 | Temple University Wind Symphony, Tower School 7 th /8 th Grade Chorus |
| 2:00 p.m. | | Westfield HS Handbells | 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 Boonschaft Millionaire Strolling Str. | Penn State Symphonic Wind Ensemble | |
| 3:00 p.m. | | | |
| 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 | | | |

The official conference website is <https://www.pmea.net/2019-eastern-division-information/>.

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Is it time to “get organized?”

by Paul Fox, from <https://paulfox.blog/>

What is that saying? “Do as I say, don't do as I do!”

I can never admit to being *totally organized*, although it was amazing that somehow, I was able to juggle the demands of “my job,” a grades 6-12 string program traveling between three buildings, producing the fall play and spring musical, and serving first as a PMEA district officer and later the Performing Arts curriculum leader of my schools. But, at times, I admit my office desk looked like a paper recycling plant, and I asked my student teachers never to peek at the inside of my file cabinets! Me organized? Never!



Being retired, it is easier. After the “downsizing” phase and de-cluttering 25+ years of living in our current house (not to mention absorbing and then discarding a lot of the furniture and “stuff” from my in-laws!), my wife and I are finally coming to grips with “less is more” and setting new priorities in our lives. Of course, that was before our kitchen renovation... Exactly how do you find space for all of the cookware and the placement of a “temporary kitchen” including a microwave, crockpot, and electric skillet? Since February is early in the New Year (and you've forgotten your resolutions long ago), we thought now would be a good time to do a personal “tidy-up” makeover... my article “[Top 10 Organizing Tips for 2019.](https://paulfox.blog/2019/01/07/top-10-organizing-tips-for-2019/)” Click on this link (and thank you for bringing traffic to my blog-site!): <https://paulfox.blog/2019/01/07/top-10-organizing-tips-for-2019/>

Welcome to our newest R³ registrant!

Kudos to recent District 10 “graduate” **Carole Lutte**, who retired from the Easton Area School District in August 2018. With 33 years of service, she excelled at many jobs: Middle School Orchestra/General Music, High School Instrumental Music, including Band, Marching Band, Wind Ensemble, Symphony Orchestra, String Orchestra, Jazz Ensemble, Music Literature, and Jazz Improv/Arranging. Here are a few of her honors:

- 2018 Wall of Fame Award - Easton Area School District
- 2018 Easton Area High School Day Honoree
- 2016 George Wolf Education Award
- 2016 Pennsylvania Music Educators Distinguished Educator Award
- 2007 Outstanding Lehigh Valley Teacher Award
- 2005 Inductee to the National High School Band Director Hall of Fame
- 2005 Who's Who Among American Teachers and Who's Who Among American Women
- 1992 Outstanding Teacher, Lehigh University

Sign-up for the PMEA
Retiree Resource Registry on
the Retired Member website

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More pet photos wanted!

It's time to write another blog-post about pet ownership! What fun! Can you help?

Do you remember these?

- "What I Have Learned from My Dogs in Retirement" <https://paulfox.blog/2015/09/22/what-i-have-learned-from-my-dogs-in-retirement/>
- "Pet Ownership and Retirement" <https://paulfox.blog/2017/03/17/pet-ownership-retirement/>

I think I already have the first sentence ready...

"They say that all you have to do is gaze at the face of a sleeping baby, or cuddle up next to a puppy or kitten, and you will slow down your respiration rate, lower your blood pressure, reduce cholesterol and triglycerides in your blood, and increase the levels of serotonin and dopamine in your body..."

Would you be willing to send me a favorite picture or two of your furry-pet family members? I am sure you have seen mine in past articles... but, we need to share all of this beneficial "cuteness" and the signs of unconditional love from our dogs (and cats).

Please email digital files of your pets to paulkfox.usc@gmail.com (deadline for the blog - February 10, 2019), and don't forget to include the names of you and your pooches.



Webinar on "how-to-retire!"

While most of you now will not need this for yourselves... if you know of a relative, friend or former colleague who is preparing to retire from public school music education over the next several years, please direct him/her to this website:

https://www.youtube.com/watch?v=LluJ_OctC4o.

Information on PSERS and other financial prep, personal organization, family/school staff/student communications, and steps for approaching "the happy transition" are provided in the video. Hey, retirees, have *you* ever done an instructional webinar?

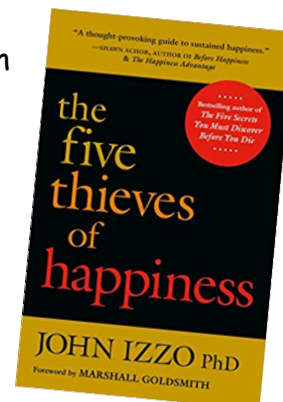
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Book-of-the-month: *The Five Thieves of Happiness*

Perhaps I should steer you towards two books, not one. I stumbled on a refreshingly different approach than the typical "how-to-retire" manuals with Dr. John Izzo's philosophical essay, *The Five Thieves of Happiness* (Berrett-Koehler Publishers, 2017). His first book, the best-seller *The Five Secrets You Must Discover Before You Die* also fetches outstanding reviews... and I have just ordered it. However, they may not be linked or sequential, just appropriate to consider adding both insightful publications to your library.



"Happiness is our natural state, argues John Izzo. But that happiness is being stolen by insidious mental patterns that he depicts as thieves: the thief of control, the thief of conceit, the thief of coveting, the thief of consumption, and the thief of comfort. He discovered these thieves as he sought the true source of happiness during a year-long sabbatical, walking the Camino de Santiago in Spain and living in the Andes of Peru. This thoughtful and inspiring book describes the disguises these thieves wear, the tools they use to break into our hearts, and how to lock them out once and for all. Izzo shows how these same thieves of personal happiness are destroying society as well. This book will help us all discover, develop, and defend the happiness that is our true nature while creating a world we all want to love in." — Cover, *The Five Thieves of Happiness*

Answer this question: "Do you do your best to be happy?" Executive coach and author Marshall Goldstein in the foreword to *The Five Thieves of Happiness* points out that even highly successful people do not know how to answer this. After reflection, he prods, "Do you have a problem with trying to be happy?" Nearly everyone responds with a feeble, "It never occurred to me to try to be happy!" Goldstein sums it up: "John Izzo asks why happiness is so hard to grasp and why it matters to be happy."

If you are a student of philosophy, Izzo's five thieves - control, conceit, coveting, consumption, and comfort - sound a little like Buddha's "five hindrances" that can hold us back in life: sensory desire, ill will, sloth, restlessness, and doubt. You might be tempted to list *your* five grievances as external problems: difficult people, bad weather, economic challenges, health issues, etc., but this book proposes that the thieves are all within us - we cannot blame anyone or anything outside of ourselves if we aren't happy.

"Some of the thieves will at first seem obvious to you, and they should be. The fact that you recognize their names tells you that we sense their presence already. But knowing who they are and kicking them out of your house are two very different things. It is my intention to show you who these thieves are, help you see how they steal our individual and societal happiness, and give you practical methods to get them out of your life." — Preface by John Izzo





More things to peruse... possible future media reviews?

(Please send your own ideas of inspiring books, articles, TEDTALKS lectures, other links to websites, etc.)

According to research from Thomas Crowley (see <http://richhabits.net/how-many-books-does-the-average-self-made-millionaire-read/> and <https://www.entrepreneur.com/article/304219>), "85% of self-made millionaires read two or more books per month." Also supporting this thesis of the correlation between reading and wealth is this <https://medium.com/@AlphaDoctrine/the-reading-habits-of-10-millionaires-and-billionaires-d2b2372143c8>:

- "The motivational speaker Zig Ziglar claimed to read three hours a day, despite his tight schedule. Rory Vaden talked about this on his podcast when he interviewed Zig's son, Tom Ziglar."
- "Warren Buffet claims to read 500 pages a day. He's stated that he devotes about 80% of his time to reading. Perhaps it isn't a coincidence that he's one of the richest men in the world."
- "Mark Cuban, another successful billionaire, reads 3 hours a day. That adds up to about 1,000 hours a year. Say the average book takes 5 hours to read, that means Cuban is reading 200 books a year."
- "The man who unleashed Microsoft onto the world, Bill Gates, reads 50 books a year. The result? At the time of this writing he is currently the wealthiest person in the world with a cool \$78,000,000,000."

I have already suggested another John Izzo paperback: *The Five Secrets You Must Discover Before You Die*.

Sitting on my bed stand are *Unlocking Greatness* by Charlie Harary (Rodale, 2018) and *The Magic Strings of Frankie Presto* by Mitch Albom (Harper, 2015)

Do you remember these lyrics or this scene from the Seth MacFarlane YouTube movie, "A Million Ways to Die in the West?" <https://www.youtube.com/watch?v=oNk6-OrDdt0>

*Oh! all of you poor single men,
Don't ever give up in despair,
For there's always a chance while there's life
To capture the hearts of the fair,
No matter what may be your age,*

*You always may cut a fine dash,
You will suit all the girls to a hair
If you've only got a moustache,
A moustache, a moustache,
If you've only got a moustache.*



My favorite TEDTALK: https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity?

Do you need more? How about "33 Books to Read Before You Die" by Sam Klemens at <http://alphadoctrine.com/lifestyle/33-books/>

Happy trails, retirees! All good? Please keep in touch! We're still looking for updates, photos, concert programs, trip excursions, honors, "encore career" happenings, etc. PKF

