



Welcome to the latest edition of eNEWS - the PMEA Retired Member Network... an informal alliance and forum for interconnecting retired music educators, and sharing ideas, stories, successes, news, and views. Thanks for staying involved in the profession!

4th of July jokes from Laffgaff

http://laffgaff.com/funny-4th-july-jokes/

What kind of tea did the American Colonists thirst for? Liberty.

Why are there no knock-knock jokes about America? Because freedom rings.

Why does the Statue of Liberty stand in New York harbor? Because she can't sit down.

Nothing says "Happy 4th of July" like passing down to your children the tradition of drunkenly blowing off your fingers with fireworks made in China.

What's red, white, blue and green? A seasick Uncle Sam.

Who was the biggest joker in George Washington's army? Laugh-ayette.

What do you get if you cross a patriot with a small curly-haired dog? Yankee Poodle.

Which colonists told the most jokes? Puns-ylvanians.

What do you get if you cross the first signer of the Declaration of Independence with a rooster? John Hancock-a-doodle-doo.

What do you get if you cross George Washington with cattle feed? The Fodder of Our Country.


What was the craziest battle of the entire Revolutionary War? The Battle of Bonkers Hill.

In his childhood, where did George Washington buy his hatchet? At the chopping mall.

What quacks, has webbed feet, and betrays his country? Beneduck Arnold.

What's the difference between a duck and George Washington? One has a bill on their face and the other has their face on a bill.

What has feathers, webbed feet, and certain inalienable rights? The Ducklaration of Independence.

Editor's Note: Nothing quite celebrates Independence Day as bad "duck jokes!" No? Sorry! But, one of my "spring duties" is to serve as "duck maestro" for our local community day extravaganza, when our foundation sells raffle tickets for THE GREAT DUCK RACE to raise money for charities. PKF





**More details about the PMEA Summer Conference 2019**

It's that time of the year... the chance to "get out of the house" and attend your **PMEA Summer Conference**, which will be held at the Red Wolf Hotel in Harrisburg/Hershey on July 16-17, 2019.

John D'Ascenzo will return to help with the **annual informal retirement share session** - our "how-to" for new retirees as well as the chance to "swap stories" and strategies for "living the dream" in post-employment *bliss*.

Also, be sure to bring your instrument/voice to the **reading workshops** on Tuesday night.

See next page for ideas to make this trip "a vacation" (just look at the big pool above - bring your grandchildren?) and see/hear/taste the attractions in and around Harrisburg!

Find updates and registration/hotel information: <https://www.pmea.net/pmea-summer-conference/>.



Opening General Session TUE 10am (Russ Sperling)

A Better Beginning: A Pre-Method Approach to Starting Young String Students TUE 1pm (Elizabeth Lavender)

Digital Artists in the Music Classroom: Balancing Tech Integration to Optimize Learning TUE 1pm (Jessica Vaughan-Marra)

Not Just Playing Around: Games in the Title I Music Classroom TUE 1pm (Christina Baker)

Unpacking the Score: Embedding Musicianship in the Vocal Music Classroom TUE 1pm (Kyle Weary)

Assessment Strategies in a World with No Time TUE 2:30pm (Matt Carraher)

Choir Director as Voice Teacher: Vocal Pedagogy in the Choral Classroom TUE 2:30pm (Kyle Weary)

Performance Solutions for First-Year Students TUE 2:30pm (Elizabeth Lavender)

Rethinking K-2 Music Classes: What I've Learned from Preschool Children TUE 2:30pm (Joanne Rutkowski)

Building Connections & Generating "Buzz" with Prospective High School Students & Families TUE 4pm (Christopher Marra)

Got Ethics? Concepts, Case Studies & Conundrums in Music Education TUE 4pm (Paul Fox)

High Five! Using Hand Gestures to Teach Vocal Technique and Choral Musicianship TUE 4pm (Caron Daley)

How Would You Define "Dog" to a Child? Considering How We Teach Musical Concepts TUE 4pm (Joanne Rutkowski)

**Band Reading Session TUE 7pm (Christopher Marra)**

**Choral Reading Session TUE 7pm (Caron Daley)**

Traditional Children's Music from Catalonia & Spain TUE 7pm (Jessica Perez-Moreno)

G Suite for Music Educators WED 8:30am (Susan Basalik)

No Pain, All Gain: Conductor Choices & Physical Outcomes Educators WED 8:30am (Tim Paul)

One Chorus - Endless Options! WED 8:30am (Rachel Pollard)

PMEA Mentor Program Training WED 8:30am (Teri Myers)

Vocal Development in Preschool and Beyond WED 8:30am (Leslie Weaver)

Amazing Apps for Strengthening Instrumental Performance Skills WED 9:45am (Kathleen Melago)

G Suite for Music Educators - continued WED 9:45am (Susan Basalik)

Movement Development in Preschool and Beyond WED 9:45am (Leslie Weaver)

**Are You Retiring Soon? Retirement 101 WED 11am (Paul Fox)**

G Suite for Music Educators - continued WED 11am (Susan Basalik)

Recruitment to First Songs: Surviving the 1st Three Months of Elementary Band & Orchestra WED 11am (Debbie Chrisman)

Schedule as of  
May 29, 2019

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**Hey, we're retired... so we can sight-see, too, at the summer conference!**

"12 Top-Rated Tourist Attractions in Harrisburg" by Anietra Hamper

<https://www.planetware.com/tourist-attractions-/harrisburg-us-pa-harris.htm>

The capital of Pennsylvania, Harrisburg is a historic community adorned with 18th- and 19th-century buildings, picturesque views of the **Susquehanna River**, and a vacation's worth of things to do. You could spend a day just at the **Pennsylvania State Capitol Complex** touring the centerpiece of the city and exploring the creative side of state government with the artwork around the area.



Some of the main features for tourists in Harrisburg are the activities that take place on and around the Susquehanna River, ranging from biking along the **Capital Area Greenbelt** and kayaking to a riverboat trip or an afternoon of recreational activities at the **City Island Complex**. Harrisburg has historic roots, which is why visits to sites like the **National Civil War Museum** are important, so that you leave with an appreciation for the city.

Many tourists who visit Harrisburg take the short drive east to explore the highlights of **Hershey** for a day or two to take advantage of the state capital's chocolate-inspired neighbor. But those who spend a week in Harrisburg or make it part of a weekend getaway will understand why the sites here are among the top attractions in Pennsylvania. (These are Anietra Hamper's top-12 places to go. See the link above for street addresses and more information!)

1. Pennsylvania State Capitol Complex: [www.pacapitol.com](http://www.pacapitol.com)
2. National Civil War Museum: [www.nationalcivilwarmuseum.org](http://www.nationalcivilwarmuseum.org)
3. The State Museum of Pennsylvania: <http://statemuseumpa.org/>
4. Fort Hunter Mansion and Park: <https://forthunter.org>
5. City Island: [https://en.wikipedia.org/wiki/City\\_Island\\_\(Pennsylvania\)](https://en.wikipedia.org/wiki/City_Island_(Pennsylvania))
6. Whitaker Center for Science and the Arts: [www.whitakercenter.org](http://www.whitakercenter.org)
7. Pride of the Susquehanna Riverboat Cruise: [www.harrisburgriverboat.com](http://www.harrisburgriverboat.com)
8. Susquehanna Art Museum: <http://www.sqart.org>
9. John Harris and Simon Cameron Mansion: <http://dauphincountyhistory.org>
10. Wildwood Park: <https://www.wildwoodlake.org>
11. Pennsylvania National Fire Museum: <http://www.pnfm.org>
12. Capital Area Greenbelt: <http://caqa.org>



<http://www.hersheypa.com/things-to-do/attractions/index.php>

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**A “happy shout-out” to several music teacher retirees...**

**Carole Lutte** – Past PMEA President District 10 and retired from the Easton Area School District in 2018 – now adjunct faculty member of the Music Education Department at Moravian College where she serves as the supervisor of all Music Education students and teaches Teaching Music to Adolescents and Adults, Music Education Seminar, and Teaching Music to Children.



Carole Lutte @ EAHS band camp 2016

**Cynthia Miller-Aungst** – President of Ringgold Band, Inc., retired from the Reading School District (32+ years) including the assignments of Middle School Band Director and Music Facilitator.



Cynthia Miller-Aungst

**Gary McKeever** – Retired in 2010 from Baldwin School District, currently in the West Hills Symphonic Band, South Hills Brass, Too Many Tubas, Greater Monongahela Community Band, and educational sales rep for Progressive Music.



Gary McKeever

**Photos wanted!**

Unless you want the PMEA Retired Member Coordinator to randomly search for an unflattering photo of you on the Internet (better check your old Facebook pages), we are still looking for member pictures to share the *universal blessings* of being retired. Do you have any shots of you and your family (grandchildren or pets are always welcomed!),



community ensembles, vacation spots, household renovations (check out my beautiful new kitchen at the left), jokes or cartoons, hobbies, or special memories. Email:

[paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).



@claywhittington

Our thanks for the irreverent humor of John Lloyd who sent this photo with the caption, “I don't remember these draw-stops on the organ I played, but they're a good idea!”

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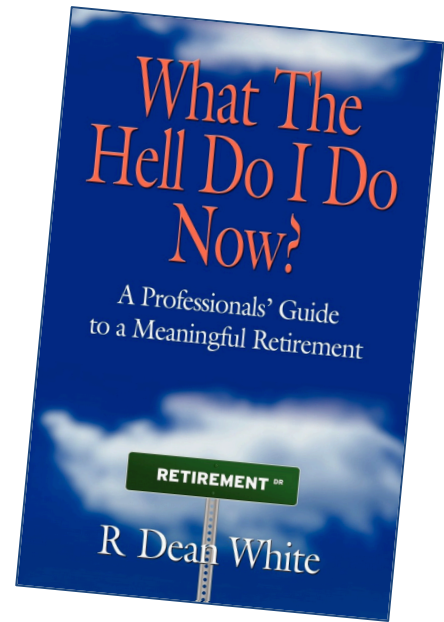


**Book-of-the-month:** *What the Hell Do I Do Now?*

by R. Dean White

We continue with our series of suggestions to add to your retirement library, this time an easy-to-read book of 212 pages that took me a mere two hours to consume.

[Editor's Note: I am only a little disappointed that "inspiration" of this kind does not often reach those who are about to *begin* this life transition. Once we retire, we automatically receive these eNEWS regularly. Unless a soon-to-retire music teacher has the foresight to accept my advice and actively peruse these resources, he or she may have to blindly stumble into this sometimes-tumultuous journey. If you know of a friend who is planning to retire over the next two or three years, insist that he or she visits our [retired member page](#) and start preparing now!]



From the back cover, admittedly a great advertisement for this publication:

*This book is a guide for baby boomers who are about to or have already retired from an all-consuming profession and are terrified. They wake up in the mornings with a vast expanse of the day had of them and wonder, "What the hell do I do with myself now?" It is a major life change, much like getting married or having children. For individuals, such as physicians, lawyers, executives, and others with high-demand professions, retirement (as frightening as it is) is an opportunity to do something else equally as meaningful as the jobs they previously held.*

The purpose of the book is to help you enter the next phase of your life with "positive expectations of what will become the best part of your life." As author R. Dean White in *What the Hell Do I Do Now? - A Professionals' Guide to a Meaningful Retirement* describes, "Retirement is naturally a challenge when a highly trained individual gets his or her gold watch and walking papers in return for decades of service."

**So, what are the secrets of a happy retirement?** According to Dr. White, they involve a true understanding of the concepts of relevance and change (Chapter 1), balance and perspective, (Chapter 2), solitude (Chapter 3), and thankfulness (Chapter 6). My favorite section is revealed near the end - laying out the meaning and recommendations of his insightful terms of "piddling," "potholes," and "pearls..." Yes, Chapter 10 alone is worth the entire price of the paperback book!





Piddle has a couple meanings. Brewster, my Boykin Spaniel bird dog, likes to piddle. He really enjoys "marking his territory," thus he is a piddler. This is not how I suggest you spend your time. Rather, let's follow the other definition of the word, which is to spend time in a wasteful, trifling, or in a factual way. There is a place and a time for piddling, and it always serves a purpose. Piddling is relaxing. You don't get paid for it, or at least you shouldn't. You don't piddle with a time constraint, and you don't really enjoy the fruits of piddling. Piddling can be a healthy pursuit. You could wax your boat, even if it doesn't need it. You could whittle something out of wood with no general purpose in mind. Fishing is not piddling, but rearranging your tacklebox is. Piddling is shopping for stuff you don't need, especially if you come home empty-handed. You don't need an education to piddle; in fact, the more education you have, the more difficult it is to pedal. Piddling probably has started more spousal arguments and anything else, with the exception of money. One spouse sees the other piddling and wonders what on earth he or she is wasting time on. The piddler defends his paddling, and the argument begins. Piddling his personal and is yours alone. That is the secret. All of us should take the time to pedal; he clears the mind, it is perjury type a compulsive nature, and in the long run, probably helps you live longer. — R. Dean White



His "pearls" to live by:

- Be kind to everyone
- Remember, we are all struggling, so treat everyone with empathy and respect
- Try not to judge; be tolerant, but don't forsake your values
- Make your spouse your partner
- Share
- Don't let someone else determine your happiness
- Write something
- Read something
- Teach
- Build something
- Create something for someone else
- Challenge yourself, not others
- Get outside your comfort zone by learning a language, how to fly a plane, or to dance
- If you have been fortunate to have a longtime spouse, thank him or her for putting up with you
- Cultivate friendships
- Pay it forward
- Perform a random act of kindness
- Give things away
- Try not to worry about things you have no control over
- Enjoy the birds and flowers
- Listen to others
- Remember that your legacy may be unintended (one of his "potholes")
- Practice being alone; solitude is good for the soul
- Get a dog or cat
- You will not be happy if you lose your options, so stay healthy
- Thank the people help you along the way
- Be truly thankful for every day
- Laugh, especially at your self
- Exercise your body, mind, and soul
- Love

Advice from a medical professional? Dr. White retired from a career as an oral and maxillofacial surgeon at the age of 55, and then transitioned into an encore career as a hospital administrative position that involved physician leadership training and mentoring. He now "practices what he preaches" and provides workshops on issues of aging and retirement, medical ethics, empathy, boundaries, burn out, and life balance.

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Final quotes of wisdom from the book:

*Each segment of the journey of life should be embraced fully and actively, ever mindful, however, that this is a continuous passage with new challenges (and opportunities). It is fair to reminisce about what has gone before, but it is neither helpful nor realistic to fight the ongoing stream, attempting to remain fixed in one area beyond one's allotted time. — Richard Rovit*

*The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, they live that way, you're really a wise man. — Euripides*

*All unhappiness of men arises from one single fact, that they cannot stay quietly in their own room... We require things to distract us from ourselves... Hence it comes people so much love noise and stir... It comes that the pleasure of solitude is a thing in comprehensible. — Blaise Pascal*

*Exercise and application produce order in our affairs, helpful body, truthfulness of mine, and these make us precious to our friends. — Thomas Jefferson*

### From the (e)mail bag...

Do you think we should sponsor a "cute grandchild" contest? This came in from PMEA retired member Sue Dieffenbach: *Maybe you can use this photo of me with Ilijana, a granddaughter - she was visiting from Pittsburgh when I was heading out to present a program in my first-person Margaret Coleman Freeman Buckingham outfit. Mrs. Buckingham donated Cornwall Iron Furnace to the Museum Commission in 1932 and her mansion later became the basis for Cornwall Manor Retirement Community.*



### FINALE: A pair of links for online retiree advice...

- **10 Retirement Lessons from a Retired Retirement Pro:**  
<https://www.marketwatch.com/story/10-lessons-from-retirement-2019-01-25>
- **15 Trips You Need to Take After You Retire:**  
<https://moneywise.com/a/trips-you-need-to-take-after-you-retire>

### CODA/FINE: It's time to renew your PMEA membership!

The new membership "system" (I believe it is called *membersuite*) is now in operation. You need to go online and create a new profile, login, and renew your membership soon! Two options for **2019-2020 dues** = \$67 for NAFME + PMEA or \$30 for PMEA-alone). (On the PMEA website <https://www.pmea.net/>, click on the "Join Now" box - top right!)

**Happy trails, retirees!** Let's keep connected and **send me more photos!** PKF

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