



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

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

Page 1 of 7

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

Besides current PMEA retirees and those who might be within 3-7 years to retirement, this e-publication is sent to active members in order to offer tips on the transition to and preparation for "living the dream" in post full-time employment, as well as sharing news and views from our more "senior" colleagues. Please enjoy, but don't send the retired member coordinator an email with "But, I'm not retired yet!" We get it! Remain in the profession as long as you can! **Working with students is the most glorious pursuit!**

Spooky October jokes (safe for the grand kids!)

Dr. Jean and Friends at <http://drjeanandfriends.blogspot.com/2017/10/october-happies.html>

What do you get when you take the inside out of a hotdog? A "hollow" weenie.

What are the birds giving out for Halloween this year? *Tweets.*

Why was the baby ghost sad? *He wanted his "mummy."*

How do you make a witch itch? *You take away the W.*

What kind of bats fly around the school at night? *AlphaBATS!*

What pants do ghosts wear? *BOO jeans.*

What do ghosts serve for dessert? *I scream!*

Why do witches fly on broomsticks? *Because their vacuum cleaners are too heavy.*

How do you mend a broken jack-o-lantern? *With a pumpkin patch.*

What is a ghost's favorite party game? *Hide and go shriek!*

Why did the vampires cancel their baseball game? *Because they couldn't find their bats.*

What do ghosts put on their cereal in the morning? *"Boo" berries and "boo"nanas.*

How do you make a skeleton laugh? *Tickle it's funny bone.*

What did the little ghost say to his mom? *"I've got a boo boo!"*

Where do baby ghosts go during the day? *DaySCARE centers.*



"Suddenly Senior" humor

<https://www.suddenlysenior.com/this-weeks-best-jokes/>

Need a more mature joke or two? You owe it to yourself to check out *this website*, especially several examples of **"How to Start a Fight!"**

My wife sat down next to me as I was flipping channels.
She asked, "What's on TV?"
I said, "Dust."
And that's how the fight started...

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulfox.blog/>





This month's "Fox Finds"

I realize that the extent for any use of emerging technology may be "generational." Many have referred to two classes of people as being either "technology natives" (the students we taught) or "technology immigrants" (us - anyone who has problems with programming a DVR or setting up our remote control). I am guessing a large number of retired members "run the other way" when someone suggests learning a new social media platform, app for a smartphone or tablet, or computer program.



Well, we know technology is here to stay, so we might as well break down and teach ourselves how to use it to our benefit - even in retirement!

Recently, I ran into a very enlightening online video by **Derek Muller**, a physicist, filmmaker, and television presenter, but also a true "teacher!" He is the founder of the YouTube channel **Veritasium**, which has captured over *three million* subscribers. Check it out here, and view his *entire* presentation: <https://www.youtube.com/watch?v=9N9IOyRiIVE>.

He brings up an excellent point. How many people would you like to influence, as a teacher, coach, guest conductor, or clinician? Like many of us, he started out teaching one-on-one (private lessons or tutoring), and then moved into small class sizes (1:14). Later, he was invited to present lectures to much larger audiences (1:400) at a college. But, by using his YouTube releases, he now has the incredible impact of as many as 1:250,000,000 viewers!

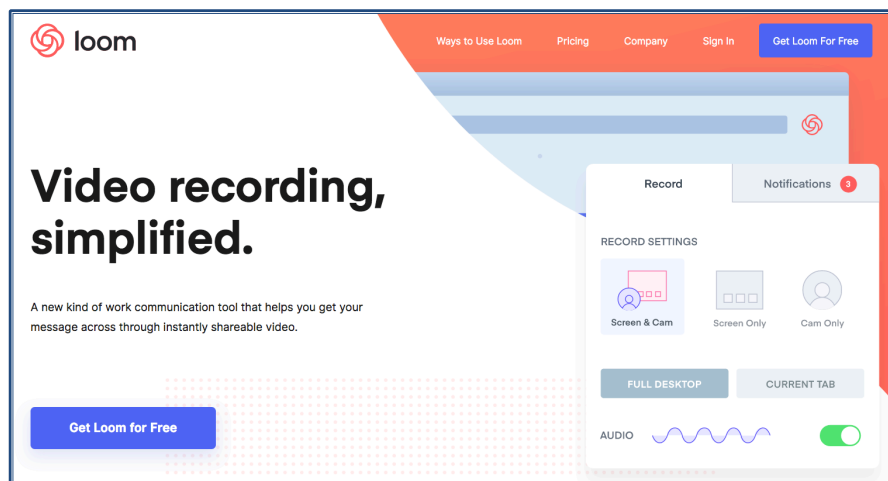
You may be surprised to discover near the end of Muller's 19-minute talk that, as proficient and motivating as he is in producing content for this medium, he offers his "voice of caution," and a warning that "the future of education is not one of revolutions," specifically in the overemphasis or focus on "new tech inventions" being the wave of the future (or as a substitute to "live" teachers for student learning).





I, too, am reminded that technology is not the end in itself. One of my string students commented to me she was glad I did not use the smartboard every day in our newly renovated middle school classroom. She said, "All the rest of my teachers *play* with this new 'tech toy,' and frankly, I am tired of using it every day. In orchestra, we *play* instruments and make music, not constantly 'tinker' with the Promethean Board!"

Actually, some of the newer applications are getting easier to try today. If you are still involved as a community ensemble participant or conductor, church group or club organizer, youth association manager, or PMEA host/officer, you should look into the free



program called **loom**, a tool for recording videos from your desktop: <https://www.loom.com/>. With little trouble or advance training, you can make mini presentations of your favorite subjects in conjunction with any program (like a Microsoft PowerPoint slide show or Word/PDF documents, with or without a boxed pictured of you as the "talking head!").

Free is good. If you are able to capture your presentation in a single "take," and you don't need any recording or editing tools, you can archive up to 25 videos with easy access (clicking on a link) for your organization.

As an example, I made a quick online journey to the [PMEA Council for Teacher Training, Recruitment, and Retention](#) website, and although it's not going to set a new standard of "state-of-the-art" in Hollywood or win an Academy Award, I made it work! Here's the result of my one-time recording session posted here: <https://www.loom.com/share/5db6c127a5bb446c9cd97adc6a901d80>.

Of course, if you need their more advanced features (e.g. drawing tools, mouse emphasis, video editing, viewer statistics, high definition video for Mac, etc.), loom offers a "paid plan" (as low as \$8/month), or you can join the big (\$) leagues: **Camtasia!**

Next month, we will review **smore.com**, an email generating app for the creation and distribution of smart-looking digital newsletter communications.





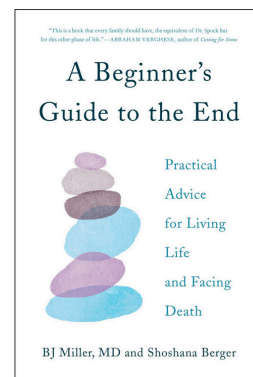
Three “Books-of-the-Month” on final instructions left to your loved ones

“Why You Need to Make a ‘When I Die’ File - Before It Is Too Late” by Shoshana Berger and BJ Miller

https://time.com/5640494/why-you-need-to-make-a-when-i-die-file-before-its-too-late/?utm_source=pocket-newtab

Few people want to talk about it... what co-authors Berger and Miller have covered in their book, *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death*:

It may sound morbid, but creating a findable file, binder, cloud-based drive, or even shoebox where you store estate documents and meaningful personal effects will save your loved ones incalculable time, money, and suffering.



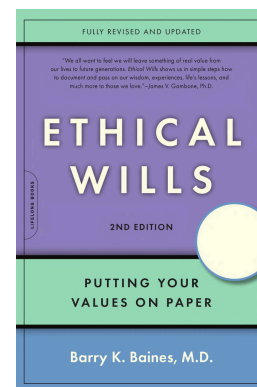
Do you have a Will? A Power of Attorney? A Living Will or Medical Power of Attorney?

According to their blogpost (above link), here are a few things you will want to put into your “When I Die” file:

- An advance directive that is signed and notarized
- A will* and living trust
- Marriage or divorce certificates
- Passwords for phone, computer, email, and social media accounts
- Instructions for your funeral and final disposition
- An ethical will*
- Letters to loved ones

* Where a **legal will** transfers assets, an **ethical will** transfers immaterial things: your life lessons and values. For a discussion on the latter, seek out the book *Ethical Wills: Putting Your Values on Paper* by Dr. Barry Baines.

It is recommended to purchase and set-up an online password manager to safeguard your data and share the master password with someone you trust.



Try writing letters to your partner, children, or other family members “as a way of leaving a few last words.” What would you say to those nearest and dearest to you if you couldn’t (or didn’t) tell them in person? Check out Frish Brandt’s inspiring website, “Last[ing] Letters” <https://www.mylastingletters.com/>.





PMEA Retired Member Network eNEWS: October 3, 2019

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

Page 5 of 7

Finally, in their July 25, 2019 YouTube video recorded at the Commonwealth Club (check out <https://www.commonwealthclub.org/events/archive/video/beginners-guide-end-life>),

Berger quoted the framework by Ira Byock *"The Four Things That Matter Most..."* to say to someone before you die" (another book):

<https://irabyock.org/books/the-four-things-that-matter-most/>:

- "Please forgive me."
- "I forgive you."
- "Thank you."
- "I love you."
- And one more that was added later: "I am proud of you."



Playlist – a couple online multi-track recordings to peruse...

In case you missed these when they first came out... Imagine the synchronization, artistry, and time it took to make these!

- *Lion King* "Circle of Life" https://www.youtube.com/watch?v=s_um4Qj4aJA
- *Lion King 2* "He Lives in You" https://www.youtube.com/watch?v=44Pq_9bG15w
- *Aristocats* "Everyone Wants to Be a Cat" <https://www.youtube.com/watch?v=7gkJInOanBM>
- Sam Robson's entire Disney playlist:
<https://www.youtube.com/playlist?list=PLYFsZrrtk9iq6EhJtzuIYL1ZRIMMqXv4v>
- Eric Whitacre and the Virtual Choir Live: "Cloudburst" (TED Talk)
<https://www.youtube.com/watch?v=cnQFvRWDYsU&t=614s>

Research – *The Retirement Syndrome: The Psychology of Letting Go*

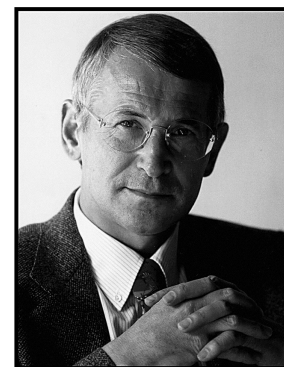
by Manfred F.R. Kets de Vries, *ResearchGate*

https://www.researchgate.net/publication/222163619_The_Retirement_Syndrome_The_Psychology_of_Letting_Go

Wikipedia: https://en.wikipedia.org/wiki/Retirement_syndrome

Article summary: <http://newsletters.isb.edu/FamilyBusiness-Newsletter/File/The-Retirement-Syndrome-The-Psychology-of-Letting-Go.pdf>

"This article analyzes a problem that can be described as the retirement syndrome. In exploring the difficulties many leaders face in letting go at the end of a full career, it reviews a number of the barriers to exit – financial, social, and psychological. It looks at the physical and psychological effects of aging, in the context of retirement; examines the experience of nothingness that single-minded careerists often feel after retirement; describes the talion principle, a subliminal fear of reprisals; and discusses the 'edifice complex,' the wish to leave behind a legacy. The article concludes with suggestions as to how individuals and organizations can develop more effective and humane disengagement strategies."



Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulfox.blog/>





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

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

Page 6 of 7

Moments captured... Western PA retirees

Send your vacation, "encore career," hobby, music happening, family, or pet pics to paulkfox.usc@gmail.com.

"A busy retired music teacher is a happy retired music teacher!"



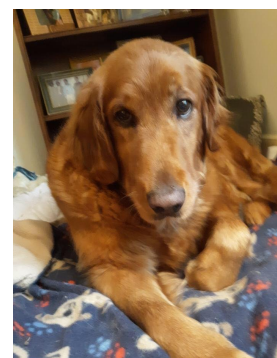
Director Clem Rolin and other PMEA retirees announce their season-opening event: The West Hills Symphonic Band/ SFHS Wind Ensemble "Side by Side" Concert on October 20, 2019 at 3 p.m. in the South Fayette High School



Composing is my passion, says Steve Lemonakis.



Craig Cannon doing what he does best!



"Reba," John DeFazio's new family member.

Paulfox.blog update – new section on the care of music teachers

In keeping with the PMEA Council for Teacher Training, Recruitment, and Retention focus on "career development," new initiatives are on the horizon for fostering better music teacher self-care, health and wellness. We have a "new place" for these articles, including an upcoming book review on *I Love My Job But It Is Killing Me* by WMEA member (and high school band director) Lesley Moffat: <https://paulfox.blog/care/>

Yes, we've all been there... the stressful schedules, lack of personal life/work balance, and perhaps for a few of us, chronic sickness, sleeplessness, and/or fatigue. Even in retirement, you may on occasion feel *pushed* to get everything done on your calendars!

More to come! If you have anything to contribute to this forum, please send an email to paulkfox.usc@gmail.com.

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulfox.blog/>





PMEA Retired Member Network eNEWS: October 3, 2019

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

Page 7 of 7

Be careful you don't accidentally "opt out" of PMEA UPDATES!

This may be your last eNEWS! Your 2018-19 PMEA membership ended on June 30. If you have not done so already, it is time to renew for 2019-2020! Dues are \$140 for active (working), \$67 for retired, and \$30 for PMEA-only retired.

If this is your first time signing into the PMEA website since June 1, you will need to create a new log-in. Membership can be paid online or from a mailed-in PDF invoice form. (See <https://www.pmea.net/membership-information/>).

Whatever you do, **don't opt out** receiving PMEA emails and notifications, and never hit the "unsubscribe" button at the bottom of the Constant Contact emailed bulletins. When you review your personal profile, make sure the box "do not email" is not checked under communications preferences (above), and new retirees, be sure to update your email account to a home or personal address. That's the only way to **stay connected** to PMEA!

CODA: Who is this man and why is he smiling?

Did you notice we mostly "found" retiree photos from District 1? In order to make this e-publication interesting and meaningful, we need to hear from ALL OF YOU! We seek to share your *trials and tribulations*, stories about retirement, travels, "encore careers," and pets, dive into dilemmas and problems solved, and offer advice to those who will soon follow in our footsteps. Get on your soapbox and tell us your views, pet peeves, or "ah ha" moments! Brag a little about your recent accomplishments or honors! What truly matters to you? Oh, and send photos, too. Please?



But the way, look back at the black and white picture on page 5. Does this look like a relative of our esteemed colleague **Richard Coulter**?

The answer to the headline above? It's another Western PA musician: **Ralph Bill**. But we don't know if that's his new trumpet or he's just warming up to play a "gig!"

Happy trails, retirees! What's going on in your lives? PKF

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulfox.blog/>

