



## PMEA Retired Member Network eNEWS: December 5, 2019

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

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**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!

### Christmas jokes

by Funology <https://www.funology.com/christmas-jokes/>

What do Santa's elves learn in school? *The Elfabet.*

What does Santa like to do in the garden? *Hoe, hoe, hoe!*

What do Santa's elves drive? *Minivans.*

What do Santa's elves drink? *Minnesoda.*

What is Claustrophobia? *The fear of Santa Claus.*

What type of cars do elves drive? *Toy-otas.*

What breakfast cereal does Frosty the Snowman eat? *Snowflakes.*

Which reindeer likes to clean? *Comet.*

What do you call a bankrupt Santa? *Saint Nickel-less.*

Where does the snowman hide his money? *In the snowbank.*

What do you call a cat sitting on the beach on Christmas Eve? *Sandy Claws.*

Why did the Christmas tree go to the barber? *It needed to be trimmed.*

What kind of motorcycle does Santa ride? *Holly Davidson.*

Why does everybody like Frosty the Snowman? *Because he is so cool!*

What is a parent's favorite Christmas carol? *Silent night!*

Why does everybody like Frosty the Snowman? *Because he is so cool!*



### More Christmas jokes – “You Quack Me Up!”

by Ducksters <https://www.ducksters.com/jokes/christmas.php>

What do you get when you cross a snowman with a vampire? *Frostbite.*

What do Santa's elves do after school? *Their gnomework!*

What does Tarzan sing at Christmas? *Jungle Bells!*

Why is it cold on Christmas? *Because it's in Decembrrrrrrrrrrr!*



Why did the dog hang up his stocking at Christmas? *He was waiting for Santa Paws.*

Why do students always do so poorly after Thanksgiving? *Because everything gets marked down after the holidays!*



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





## This month's "Fox Finds" – Scam the scammers!

With the advances of technology in the digital age, we set new records of speed, ease of access, and... online scammers dogging our footsteps!

I was browsing through my AARP magazine (August/September 2019), and stumbled upon an excellent article summarizing several solutions to "identity theft," rip-offs, and other problems: **"Out-Tech the Scammers"** by Doug Shadel. He recommended four options to provide strong protection against electronic fraud:



1. Sign-up for the U.S. Postal Service "informed delivery" and receive digital scans of letter-size mail that will soon arrive to your mailbox.  
(<https://informedelivery.usps.com/box/pages/intro/start.action>)
2. Block the robocalls! Three ways are advised to limit the parade of telemarketers:
  - Sign-up your phone number(s) for the federal "Do Not Call Registry"  
(<https://www.donotcall.gov/register/reg.aspx>)
  - Check with your phone's service provider to see what help they have to offer
  - Use third-party software to limit or eliminate robocalls (e.g. Nomorobo, YouMail, Truecaller, and Robokiller)
3. Download a password manager to help create, store, and retrieve unique, complex passwords in a secured digital vault (e.g. Last-Pass, Dashlane, and 1Password)
4. With the goal of monitoring all transactions in your accounts, request that your bank or credit card companies send you automatic email or text alerts when any of your debit or credit cards are used (even for legitimate purchases) - "keeping an eye on things!"

I was also impressed with the three articles that preceded this one (pages 68-70):

- "Fake IRS Agents, Very Real Pain"
- "Too Good to Be True? In a Word, Yes"
- "A Crime (Identity Theft) for His Lifetime"

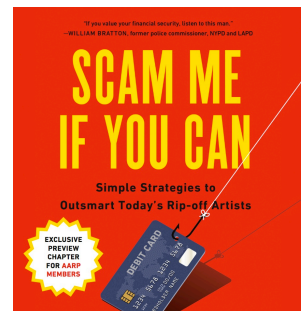
You may also want to look at this free online source:

<https://www.aarp.org/money/scams-fraud/info-2019/identity-mistakes.html>.

You should be an AARP member to enjoy timely and informative resources like these. For example, check out their newly published book, **Scam Me If You Can**, by Frank W. Abagnale.

Members can preview a portion of it:

<https://www.aarp.org/entertainment/books/bookstore/money-work-retirement/info-2019/free-chapter-scam-me-if-you-can.html>.



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





## Book-of-the-month... or the century? *The 100-Year Life*

by Lynda Gratton and Andrew Scott

<http://www.100yearlife.com/>

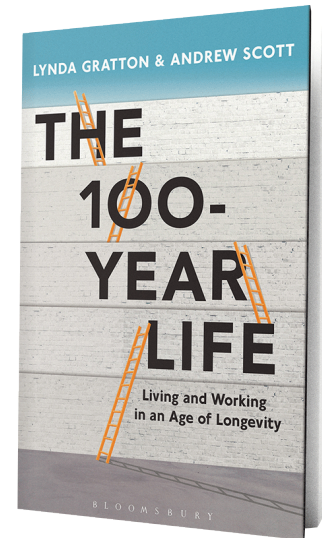
### Back cover:

*What will your 100-year life look like?*

*Does the thought of working for 60 or 70 years fill you with dread? Or can you see the potential for a more stimulating future as a result of having so much extra time?*

*Many of us have been raised on the traditional notion of a three-stage approach to our working lives: education, followed by work and then retirement. But this well-established pathway is already beginning to collapse - life expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. Whether you are 18, 45 or 60, you will need to do things very differently from previous generations and learn to structure life in completely new ways. The 100-year life is here to help.*

*Drawing on the unique pairing of their experience in psychology and economics, Lynda Grayson and Andrew Scott offer a broad-ranging analysis as well as a raft of solutions, showing how to rethink your finances, your education, your career and your relationships, and create a fulfilling and inspiring 100-year life.*



Admittedly, I was a little skeptical prior to reading *The 100-Year Life*, particularly since one of their premises is that pensions are on the way out. However, once I started consuming this easy-to-read book and unpacking their "whole picture," I could not put it down. The authors, one an economist (Scott) and the other a psychologist (Gratton), make the following thoughtful predictions:

- People will work into their 70s or even 80s.
- There will be new jobs and skills.
- Getting the finances right will not be everything.
- Life will become multi-staged.
- Transitions will become the norm.
- New stages will emerge.
- Re-creation will be more important than recreation.
- Lockstep will end.
- Options will become more valuable.
- People will be younger for longer.
- Home and work relationships will transform.
- There will be much experimentation.
- There will be a coming HR battle.
- There will be a challenge for governments.



Lynda Gratton



Andrew Scott

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







The researchers also try to use their "crystal ball" to answer the following essential question: **"What does living the 100-year life mean to the future of education?"**

*Over a long life, learning and education are crucial. For many people, there will be more education and learning, more years at college as undergraduate degrees expand to include more experiential content, more people taking postgraduate qualifications, more vocational training, and more innovations in learning. This won't simply be extra years of education at an early stage, but also serious investment in later life as people learn new specialisms, so as to adapt to a changing employment landscape and to mentally refresh and stimulate. As a consequence, it is very likely that the range of educational institutions and academic or professional credentials will widen significantly.*

Lynda Gratton and Andrew Scott organizes all under a very intriguing Table of Contents:

- |  |   |
|--|---|
| 1. <b>Living:</b> The gift of a long life        | 6. <b>Stages:</b> New building blocks                         |
| 2. <b>Financing:</b> Working for longer          | 7. <b>Money:</b> Financing a long life                        |
| 3. <b>Working:</b> The employment landscape      | 8. <b>Time:</b> From recreation to re-creation                |
| 4. <b>Intangibles:</b> Focusing on the priceless | 9. <b>Relationships:</b> The transformation of personal lives |
| 5. <b>Scenarios:</b> Possible selves             |   |

One of my favorite chapters (6) discusses stages and passages:

*The gift of a longer life is ultimately the gift of time. In this long sweep of time, there is a chance to craft a purposeful and meaningful life. The violinist Stephen Nachmanovitch captured this in his discussion of creativity:*

*"If we operate with a belief in long sweeps of time, we build cathedrals; if we operate from fiscal quarter to fiscal quarter, we build ugly shopping malls."*

*Free from the straitjacket of the three-stage life, we see new stages already emerging that create opportunities to craft a life that balances tangible and intangible assets, depreciation and accumulation.*

I keep hearing an echo of their closing statement in my head, perfect for either a bumper sticker or billboard: "In a long life, you have the potential to build a cathedral rather than a shopping mall." **What are you planning to build the rest of your life?**

You should also review their website (below) at <http://www.100yearlife.com/diagnostic/>. This is another case of a book we should have read decades before our retirement!

## THE 100-YEAR LIFE

Living and Working in an Age of Longevity

[The Challenge](#) [The Book](#) [Coverage](#) [The Authors](#) [Resources](#) [Diagnostic](#) [Your Stories](#) [Contact](#)

### DIAGNOSTIC

Free Diagnostic to Get a Snapshot of Your Tangible and Intangible Assets

With the prospect of much longer lives, building and maintaining your Tangible and Intangible Assets is key to ensuring your longer life becomes a gift and not a curse. The 100-Year Life Tangible and Intangible Asset Diagnostic was developed by Lynda Gratton and Andrew Scott for the launch of *The 100-Year Life: Living and Working in an Age of Longevity*.

Paul K. Fox  
1564 Hastings Mill Road, Pittsburgh, PA 15241  
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[paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com) <https://paulfox.blog/>





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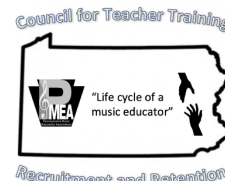
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### What's the buzz, tell me what's a-happening...

#### Updates from the PMEA Council for Teacher Training, Recruitment and Retention

Online meeting on October 27, 2019 - Notes by Paul Fox, Chair and Teri Myers, Co-Chair

- **Department reports:** Future Music Educators Honors Symposium, Mentoring, Webinars, PCMEA, PMEA President Tina Bennett, Society for Music Teacher Education, TRI-M (Modern Music Masters), etc.
- **Membership stats** as of October 2019: 305 collegiates, 234 retired members; PMEA's new management system may be affecting numbers
- **PMEA President:** communication with new PCMEA Student President Bridgette Haines; encouragement of PCMEA to participate in PMEA Advocacy Day 2020 and create "next step" video for collegiate success in music education
- **SMTE:** loss of knowledge due to higher education staff turnover; recommendation for Council TTRR to connect K-12 teachers with SMTE Conference in September
- **TRI-M:** As of June 2019, 101 active chapters in Pennsylvania
- **Little Kids Rock:** Tina Bennett, Henry Pearlberg, and David Deitz participation in the Modern Band Summer Summit in Colorado; Craig Denison is a Level 1 Trainer; Henry is spearheading best practices, lesson plans, and trainings; debut of Modern Band at NAFME National Conference (Orlando); Retired (?) Member David Deitz was named "Modern Band Music Educator of the Year"
- **Modern Band at the PMEA Spring Conference:** planning of a "rolling day session" where people can go in and out throughout the afternoon
- **PDE:** Arts and Humanities Learning Community <https://www.pdesas.org/Community>
- **PMEA Model Curriculum Framework** (Scott Sheehan): articles in *PMEA News*; email address [mcf@pmea.net](mailto:mcf@pmea.net) to submit materials for screening by the PMEA Curriculum/Instruction Council
- **Urban Music Leadership Conference:** renewed focus on professional development for urban and rural music educators, and being more responsive to the variety of members' cultures
- **Ethics:** Council TTRR endorsement of the National Association of State Directors of Teacher Education and Certification (NASDTEC) "Model Code of Ethics"
- **Higher Education Representatives:** discussion of "collegiate concerns" over costs associated with annual renewals of professional clearances for music education majors, expenses for retaking basic skills test, mileage reimbursement assistance for student teachers, set-up of access grants administered by PMEA, annuitant (PSERS) restrictions for hiring retirees to observe field placements/student teaching, etc.
- **Self-Care:** new health/wellness initiatives planned (see <https://paulfox.blog/care/> and next page)
- **Nominations** to fill vacant positions of PMEA Region III & V High Education Representatives.



Paul K. Fox  
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(412) 596-7937 or (412) 854-3459  
[paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com) <https://paulfox.blog/>





## Care of music teachers... and even retirees!

by Paul K. Fox, excerpts from his August 8, 2019 blogpost at

<https://paulfox.blog/2019/08/08/care-of-music-teachers/>

What is that saying? "When you point at someone, there are three fingers pointing back at you." Or if you prefer the biblical reference (Jesus), "Don't focus on the speck in your brother's eye while ignoring the log in your own eye."

Increasingly common, I find that our colleagues in music education do not model habits of good health and work/personal life balance. All fingers point at both my wife and me, as when we were at the pinnacle of our full-time careers (prior to retiring in 2013), teaching strings grades 3-12 in multiple buildings, preparing for concerts and festivals, designing curriculum, producing musicals, running marching bands, etc. often felt like a "runaway train ride" — a stressful 24/7 schedule with the two of us squeezing in time to meet for dinner in between our after-school rehearsals, and later "falling into bed" to snatch 5-6 hours of sleep, three to four days per week, ten months a year.



Image by  
Bellinon from  
Pixabay.com

That said, I "see" little research, pre-service, in-service, post-service training, or even online dialogue about the wellness problems associated with our profession:

- Overwhelming workload, long hours, and challenging classroom situations
- Inconsistent hydration and consumption of a balanced diet
- Irregular amounts of daily aerobic physical exercise
- Insufficient quantities (length, depth, and frequency) of rest and sleep
- Infrequent use of sick days or vacations as needed for restorative health
- Misuse of the voice at work
- Inadequate hearing conservation and protection from over-exposure to sound
- Deficient scheduling of opportunities for mindfulness, meditation, and/or reflection
- Deprivation of personal outlets for creative self-expression (not related to the job)
- Lack of time to explore hobbies, interests, and socialization with family, friends, and loved ones

Articles archived within the new "Care" section of this blog-site (<https://paulfox.blog/care/>) will dive into these issues, remedies towards fostering a better "life balance," and suggestions for the development of a self-care plan. **Even for retired members!**

## Coming attractions... workshops on health and wellness!

As part of "career development" and "the life cycle of a music educator" focus of the PMEA Council TTRR, more sessions and materials will be shared. For example, I was invited to do a session at the Regional (IU5) Music Education In-Service sponsored by the Erie Philharmonic on Columbus Day. FYI, here is a copy of the "Self-Care Cookbook" handout:

<https://paulkfoxusc.files.wordpress.com/2019/10/selfcare-cookbook-takeaway-revised-101419.pdf>.

Paul K. Fox  
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### Rogue's gallery: You just can't keep up with a PMEA retiree!

Send your vacation, "encore career," hobby, music happening, family, or pet pics to [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).

How about sharing a photo of how you "make music" over the holidays?



*Can you guess where a retired Abington SD Supervisor of Music/Coordinator of EL Art visited about a month ago?*



**Chuck Neidhardt**

November 14 at 12:21 PM · 🌐

Come join us for our 20th annual TubaChristmas in Lansdale 🎅



*Who is leading this pack of "one-ba's" and tubas?*



*Vintage 2013 photo (before he retired) of the "Bolasky-mobile!" I guess it just proves Doug can drive anything, large or small... coach bus, race car, and home-on-wheels?*



*Did you know that Paul Gerlach conducts the CMU Kiltie Band?*

Paul K. Fox  
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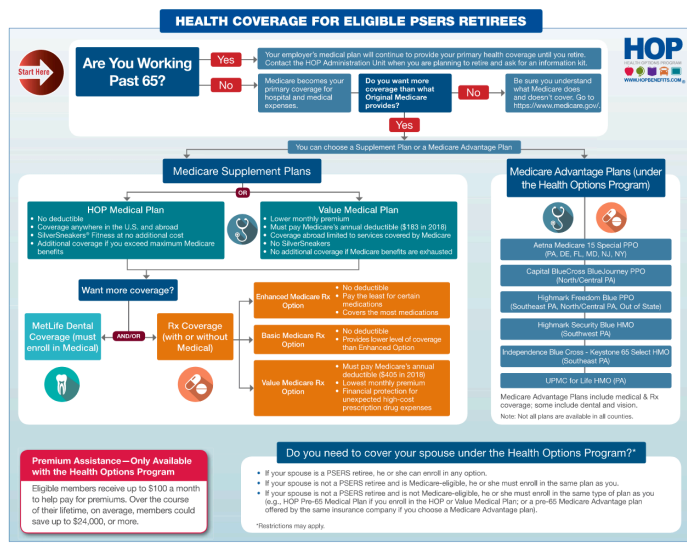
## Turning 65 soon?

### Learn about the PSERS HOP "edge"

<https://www.hopbenefits.com/aboutHop/?fa=aboutHop>

If you are a member of the PA Public School Employees' Retirement System, here are a few tips gleaned from a Health Options Program meeting at the Allegheny Intermediate Unit:

1. Go to the HOP website (above), read *everything*, and be sure to watch their 6½ minute video.
2. Contact PSERS if you are within 3-6 months prior to your 65<sup>th</sup> birthday.
3. If you enroll in HOP beginning your 65<sup>th</sup> year, you could receive premium assistance (\$100/month).
4. If needed, call 1-800-773-7725 to order a "personalized plan."
5. Study the flow chart to the above/right, and get started making a few decisions:
  - a. Choose either the HOP Medicare Supplement Plan or the HOP Medicare Advantage Plan
  - b. If you select the Medicare Supplement Plan, do you want more coverage (dental, Rx)?
  - c. If you select the Medicare Supplement Plan, you may also want to research the costs and benefits of "outside plans" for dental care, eyeglasses, hearing aids, or gym memberships.
  - d. If you select the Medicare Advantage Plan, pick your company (compare benefits). Advantage Plans require that you to use the plan's network of providers to receive the maximum benefits.



## Wanted: VOLUNTEERS to help at the conference!

The PMEA's Annual Spring In-Service Conference will be held on April 23-25, 2020 at the Kalahari Resort in the Poconos.

The *retired member breakfast* is planned for April 24, 2020.

Let's catch-up with everyone and enjoy some camaraderie!

We are looking for retired members to serve in a number of capacities: presiding chair, plaque presenter, info booth aide, and registration assistant. After your "shift" or duty is completed, you can head out to the water park and join your family! Please email if you are available and RSVP (yes/no) if you plan to attend breakfast: [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com)

**Please stay "connected" and send me updates, anecdotes, pictures, etc.**

**Happy trails, retirees! Have a wonderful holiday season! PKF**

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