



## PMEA Retired Member Network eNEWS: January 2, 2020

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!

### One-liners for the New Year's

by OneLineFun <https://onelinefun.com>

- My New Year's resolution is to help all my friends gain ten pounds so I look skinnier.
- To kick-start my New Year, I took an IQ test, and the results were negative.
- My wife still hasn't told me what my New Year's resolutions are.
- I love it when they drop the ball in Times Square. It's a nice reminder of what I did all year.
- A New Year's resolution is something that goes in one year and out the other.
- It's officially New Year's Eve, you only have a couple of hours to do all the things you will resolve not to do in the new year.
- What happened to the man who shoplifted a calendar on New Year's Eve? He got 12 months!
- May all your troubles last as long as your New Year's resolutions?

### Snowman riddles for the grandkids

by Macaroni Kid <https://burlingtonma.macaronikid.com/articles/5c2264be6845ac5c226e96d0>

- What do snowmen wear on their heads? *Ice Caps!*
- What do snowmen eat for lunch? *Iceberg-ers!*
- What does a snowman take when he gets sick? *A chill pill!*
- What happened when the icicle landed on the snowman's head? *It knocked him out cold!*
- Who is Frosty's favorite relative? *Aunt Artica!*
- How do you know when there is a snowman in your bed? *You wake up wet!*



### Signs from Seattle... the Wallingford Chevron

<https://wgntv.com/2016/03/18/the-wallingford-sign-could-be-the-funniest-gas-station-signboard-in-america/>

[https://www.youtube.com/watch?time\\_continue=36&v=Gc5D9v4SE4A&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=36&v=Gc5D9v4SE4A&feature=emb_logo)

Need a laugh? Yes, indeed, these did serve as outdoor advertisements!



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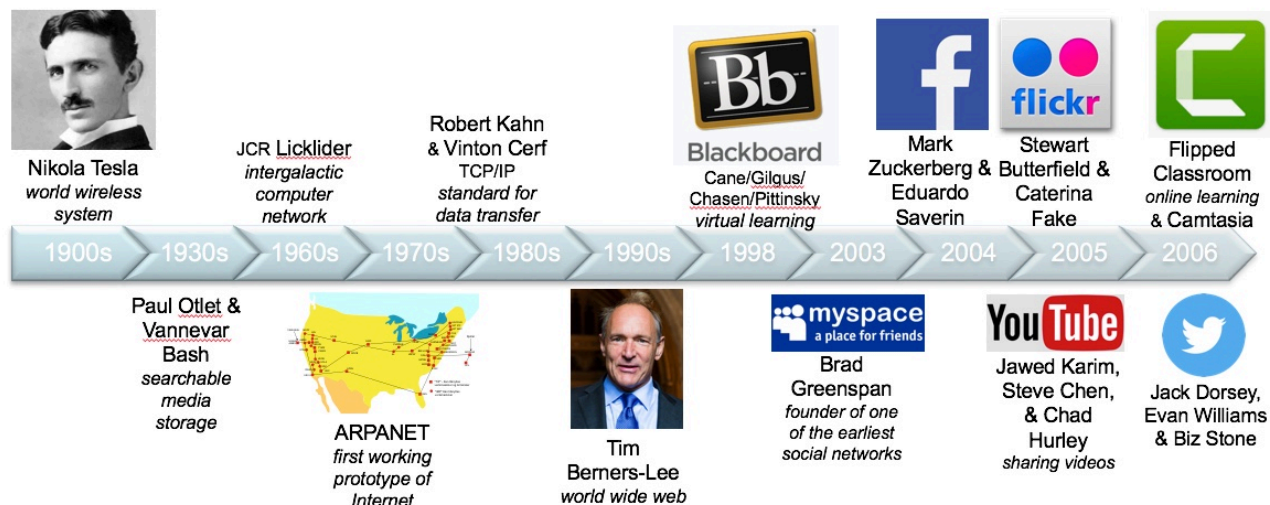
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### This month's "Fox Finds" – Passwords 101



A history of the Internet and social media by Evan Andrews on the History Channel: <https://www.history.com/news/who-invented-the-internet>

Prior to the evolution of the Internet which morphed into the "Word Wide Web" (www.) by inventor Tim Berners-Lee, most of us "baby-boomers" and "technology immigrants" only had to worry about losing our keys, accidentally displaying important data/papers (like the answers to our music exams), or forgetting to lock our file cabinets or doors. Security threats were seldom serious concerns. (I once had a music substitute who left out my entire ring of keys including several building "masters" on the piano, and they "mysteriously" disappeared. *That* became a definite concern of administration requiring the locks to be changed!)



Another sign of the times? I remember when we first got our school laptops, people put masking tape over the cameras... Funny, I just heard on the news that video doorbells and other devices are vulnerable to being "hacked" (even by those students we taught).

Now, to protect your personal identity and family's privacy, it is essential that you create and maintain "strong" online passwords. The best article I found on this subject comes from the U.S. Department of Homeland Security CISA (Cyber-Infrastructure): <https://www.us-cert.gov/ncas/tips/ST04-002>. Take a moment to read it! Protect yourself now!

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### Recommendations according to CISA:

1. Use different passwords on different systems and accounts.
2. Use the longest password or passphrase permissible by each password system.
3. Develop mnemonics to remember complex passwords.
4. Consider using a password manager program to keep track of your passwords.
5. Do not use passwords that are based on personal information that can be easily accessed or guessed.
6. Do not use words that can be found in any dictionary of any language.
7. Keep your operating system, browser, and other software up to date.
8. Use caution with email attachments and untrusted links.
9. Watch for suspicious activity on your accounts.



Besides using a password manager program which CISA suggests, my own "method" includes generating a "core" nonsensical phrase of misspelled text (or the initial letter of each word from the lyrics to a "mystery song") within every password, and adding a unique prefix or suffix set of numbers or initials (such as "ms365" for the online Microsoft Office subscription). The greatest risk is someone guessing your "code," and if you are not careful, being granted access to all your accounts. So, use something different for every application, and for memory's sake, just modify a few of the characters at most. And yes, you must change your passwords often.

I once knew a talented touch-typist who was able to enter a short pattern of letters on his keyboard, and every month move his hands up or down a row of keys or reposition them left or right on the keyboard: "fadsd" in January became "rqewe" in February, and "41323" in March, and then he moved over to the right one key and started over with "gsfdf" in April, "twrer" in May, etc. In his mind, he was still typing "fadsd" each time. Doesn't this just boggle your mind?

For more information, check out the following links:

- "13 Tips to Protect Your Internet Privacy" by Fiona Marcus  
<https://securethoughts.com/11-tips-to-protect-internet-privacy/>
- "How to Protect Your Online Privacy: A Practical Guide" by John Mason  
<https://www.technewsworld.com/story/85663.html>
- "66 Ways to Protect Your Privacy Right Now" by Consumer Reports  
<https://www.consumerreports.org/privacy/66-ways-to-protect-your-privacy-right-now/>
- "How to Create a Strong Password" by Charlotte Empey  
<https://blog.avast.com/strong-password-ideas>

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## Book-of-the-month: **Retirement**

by Olivia Greenwell

<http://oliviagreenwell.com/books/>

How about attacking a "two-book bundle?" For just under \$20, you can buy *Retirement - Everything You Need to Know About Planning for and Living the Retired Life You've Always Dreamed of*, covering both the prep stages and long-term satisfaction of "living the dream!" From the back cover:

*Two of Olivia Greenwell's most popular books have been crammed into this comprehensive bundle. Whether retirement is just around the corner or still many years away, you'll learn how to create a plan that will count you down to retirement.*

Uncover strategies in *How to Retire* such as:

- Checklists to take stock of your current situation
- Questionnaires to help you decide when it is the right time for you to retire
- An action plan for your countdown to retirement
- A handy resources section full of suggestions to help you plan for retirement

*In *So You've Retired - What's Next?* you will discover that retirement never has to be dull or boring! We are talking exciting new hobbies, reigniting old passions, making extra money and giving back to make a real difference in the world. Approaching retirement is a milestone event, when the day finally arrives, it can feel a little daunting and overwhelming - how should one spend all this newfound free time? Let Olivia Greenwell help you with her friendly advice on:*

- How to navigate your way through the many questions you may have
- New opportunities that could present themselves in retirement
- How to find further information on the exciting opportunities presented

These lists to which Greenwell refers are really outstanding. I wish I'd seen the first book in the series a couple years before I started my own retirement prep. Here are samples of her forms:

- Things to consider while creating my retirement action plan
- My bucket list of exciting things to achieve
- What will change when you retire
- Hobbies to spend time on in retirement
- Activities to keep my mind and body healthy
- Assets and liabilities
- Talents, skills, and passions to accentuate
- Negative aspects of your life that you would like to illuminate
- Countdown to retirement master plan (She provides a website to download the form as a Google Sheet or you can manually copy and fill-in the one on page 113.)



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I always turn immediately to the table of contents to get an overall impression of whether or not any book will meet my needs. Now it's your turn! Here are the chapters:

Book number one: *How to Retire: A Practical Guide as You Countdown to Retirement*

1. So, you're thinking about retirement
2. What will change when you retire?
3. Take stock of your current situation
4. Can you afford to retire?
5. Investments
6. Accentuate the positive
7. Getting the maximum from Social Security
8. Make a plan and stick to it!
9. Sooner than later?

Book number two: *You're Retired - What's Next?*

1. So, you're retired
2. What's next?
3. Home is where the heart is
4. Embark on a new adventure
5. Eat to live - live to eat
6. Exercise and stay fit
7. Fax your mind
8. Take it advantage of technology
9. Embrace your spirituality
10. You're very own bucket list



Author Olivia Greenwell  
and her little dog Sammy

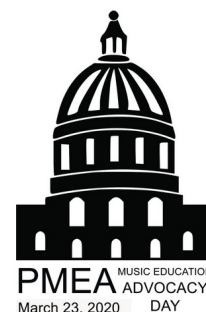
Personally, I appreciated the chapter on Social Security analysis. Very good insights! Alone, it's worth the entire price of the combined book bundle.

In addition, pages 128 through 137 offers an amazing collection of supplemental links - "homework" that nearly rivals what is provided in our *Ultimate Retiree Resource Guide* for retired members archived on the PMEA website: <https://www.pmea.net/retired-members/>.

### 9<sup>th</sup> Annual Music Education Advocacy Day

March 23, 2020 at the State Capitol in Harrisburg

All PMEA members (retirees, too!), community members, and students are encouraged to attend. A news conference is planned for 11 a.m. in the Main Rotunda. More information will be available nearer to March. Be sure to also check out the Advocacy page on the PMEA website for a variety of resources: <https://www.pmea.net/focus-areas/advocacy/>



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### Getting away to somewhere...

#### Warm!

"18 Amazing and Affordable Winter Vacation Destinations" by K.C. Dermody


<https://www.tripstodiscover.com/18-amazing-and-affordable-winter-vacation-destinations/4/>

- 
- The Florida Keys
  - Puerto Rico
  - Panama
  - Las Vegas, Nevada
  - San Diego, California
  - Caladesi Island, Florida
  - Bahamas
  - Catalina Island, California
  - Montego Bay, Jamaica
  - Tulum, Mexico
  - Barbados
  - Spain
  - Punta Cana, Dominican Republic
  - Cartagena, Columbia
  - Bariloche, Argentino
  - Boracay Island, Philippines
  - Chiang Mai, Thailand
  - Venice, Italy

#### Cold!

"15 of the World's Most Stunning Winter Destinations" by *Mental Floss*

<https://www.mentalfloss.com/article/75361/15-worlds-most-stunning-winter-destinations>

- 
- Whitefish, Montana
  - Lake Tahoe, California
  - Gullfoss, Iceland
  - Svalbard, Norway
  - Lake Bled, Slovenia
  - Mammoth Cave National Park, Kentucky
  - Lake Baikal, Russia
  - Jigokudani Monkey Park, Japan
  - Midway, Utah
  - Harbin City, China
  - Matanuska Glacier, Alaska
  - Kirkjufell, Iceland
  - Perito Morena Glacier, Argentina
  - Uludag, Turkey
  - Abisko, Sweden

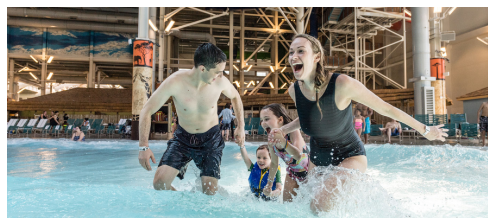
### Speaking of "getting away..."

Drum roll, please! Very soon, you will receive the Winter issue of *PMEA News* in your mailbox spotlighting the **2020 PMEA In-Service Conference**

at the Kalahari Resort. How about the "triple threat" of enjoying "state-of-the-art" concerts, participating in sessions focused on new music and educational innovation, and treating your family to some R&R splashing in "the world's largest indoor water park" - mixing "business with pleasure" at the Poconos on April 23-25, 2020?

The next two pages capture highlights from our "annual PMEA event." Retired members are needed as info booth and registration aides, presiding chairs, and plaque presenters! Also, please RSVP your availability to attend the April 24 **Retired Member Breakfast**:

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## Sneak preview (name dropping the “who’s who”)

### PMEA Spring 2020 In-Service Conference: **Session Presenters**

<https://www.pmea.net/pmea-annual-in-service-conference/>

Kathleen Amabile  
Louise Anderson  
Corey Bartell  
Susan Basalik  
Brittany Baselice  
Andy Beck  
Elizabeth Beisel  
Brittany Bergman  
Daniel Bergman  
Benjamin Blasko  
Kathleen Boyer  
Adam Brennan  
Joe Brennan  
Daniel Brenner  
Emily Brumbaugh  
Mary Ellen Bryne  
Nathan Buonviri  
Becky Burdett  
Dustin Burgess  
Krista Carney  
Elizabeth Cassidy Parker  
Mark Cellini  
Joe Cernuto  
Michael Checco  
Debbie Chrisman  
Stephanie Cicero  
Ann Clements  
Jessica Connell  
Patricia Cornett  
Whitney Covalle  
Brian Croach  
John D’Ascenzo  
Sharon Davis  
David Deitz  
Craig Denison  
Peggy Dettwiler  
Valerie Diaz Leroy  
Kathleen Doult  
Robert Duke  
David Eccles  
Heather Egan  
Cassandra Eisenreich  
James Eldreth  
Dennis Emert

Gregg Eskin  
Sam Fisher  
Paul Fox  
Robert Gardner  
Sandra Gatch  
Ben Goldsborough  
Steve Goss  
Angela Guerriero  
Adam Gumble  
Bridget Haines  
Joey Harrell  
Margaret Harrigan  
Corey Harrington  
Robert Harris  
Laura Hicken  
Keith Hodgson  
Nick Holland-Garcia  
Dean Howey  
Lisa Hummel  
Jennifer Hutton  
Linda Jennings  
Tonia Kaufman  
Ryan Kelly  
Loriann Kerber  
Stephen Keys  
Christopher Kiver  
Hannah Knauss  
David Knott  
Michelle Kokus  
Kayla Kurtz  
Jane Lamb  
Eric Laprade  
Danielle Larrick  
Len Lavelle  
Elizabeth Lavender  
Paul Lescowicz  
Kathleen Melago  
Deborah Mello  
John Mlynchak  
Scott Muenz  
Felicia Mule  
Teri Myers  
Marcia Neel  
Jeff Neff

Bryan Nichols  
John Obringer  
Stephanie Paden  
Stacy Paparone  
Aimee Pearsall  
Bryan Powell  
Alison Reynolds  
Brian Rivers  
John Rodesh  
Adrienne Rodriguez  
Nicholas Roseth  
Mary Rumelfanger  
Lauren Ryals  
J.P. Scanga  
Becky Sensor  
Scott Sheehan  
Jennifer Sheridan  
Kevin Shorner-Johnson  
Alvin Simpson  
Jordan Smith  
Sarah Snyder  
Tom Snyder  
Jennifer Stevenson  
Tim Stevenson  
Missy Strong  
Mike Sypien  
Cynthia Teprovich  
Chad Thompson  
Darrin Thornton  
Jon Timmons  
David Tini  
Jeff Torchon  
Shelbie Wahl-Fouts  
Sarah Watts  
Leslie Weaver  
Travis Weller  
Rachel Whitcomb  
Lisa Wichman  
Jennifer Wiley  
David Wish  
Austin Wolford  
Jason Wor  
Kyle Zeuch  
Le Zhang



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### Sneak preview (the “what’s what” in music)

#### PMEA Spring 2020 In-Service Conference: **Performing Groups**

<https://www.pmea.net/pmea-annual-in-service-conference/>

The Allentown Band

Andrew Curtin Intermediate School

Chamber Orchestra

Bethel Park HS Symphonic Band

Bridle Path/Montgomery EL Select

String Ensemble

Butler Rock Orchestra

Central Bucks HS East Select Choir

Central Bucks HS East Wind Ens.

Central Dauphin Singers

Conestoga HS String Quartet

Downingtown East Masterworks Choir

Fox Chapel SD Fairview/Kerr EL Band

Hatboro-Horsham HS Madrigals

Keystone Chamber Winds

Kiski Area EL Band

Leechburg Taiko

Lower Merion HS Chamber Strings

Mansfield University Concert Choir

Modern Rock Band

Moravian Academy MS 8<sup>th</sup> Grade

Handbell Ringers

Mount Nittany MS Clef Hangers

North Wales EL Select Choir

PSU Centre Dimensions

Pennfield MS Jazz Band

Pennfield Wind Ensemble

PMEA All-State Band

PMEA All-State Chorus

PMEA All-State Jazz Band

PMEA All-State Orchestra

PMEA All-State Vocal Jazz

PMEA All-State Wind Ensemble

Project Trio

Quakertown HS Jazz Ensemble

Radnor HS DCAF String Quartet

Rivulus Chamber Strings

Silvertones of Strath Haven HS

Sunderman Wind Quintet

Susquehanna University Wind Ens.

Tamanend MS Gold'n'Blues

West Chester Henderson HS String  
Orchestra

West Chester Univ. Mastersingers

West Chester Univ. Symp. Orchestra

West Chester Univ. Wind Ensemble



### Sneak preview (“what’s new and unique”)

#### PMEA Spring 2020 In-Service Conference: **Special Meetings**

<https://www.pmea.net/pmea-annual-in-service-conference/>

- Thursday morning (April 23) will kick-off with a continental breakfast for all attendees during the grand opening of the 2020 **Music Education Marketplace**
- Thursday's Opening General Session will introduce NAFME Eastern Division President **Keith Hodgson** and Olympic medal swimmer **Elizabeth Beisel**
- Thursday night will feature the high-energy chamber music ensemble **Project Trio** followed by college receptions
- Friday's keynoter will be Little Kids Rock founder **David Wish** followed by a performance by the **Butler Rock Orchestra** and remarks from PDE Fine Arts Consultant **David Deitz**
- Saturday morning will open with the **PMEA Awards Breakfast** and a whole day of “free” **Modern Band training**

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### It's nearly impossible to catch-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).



*Have you ever visited Portugal, the western-most tip of continental Europe? Joanne enjoyed Cabo de Sao Vicente*



*Tom Zumpella and granddaughter at the Rebova Music Festival in August 2017.*



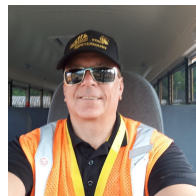
*There is no truth in the rumor that John Gula is returning to a career of directing marching bands.*



*Can you find PMEA retiree Fran Kayatin in this photo of the South Hills Chorale concert on December 16.*



*Kudos to Dr. John D'Ascenzo, who is now serving as Board Member on the Lower Moreland Historical Architectural Review Board*



*If you see a guy driving one of these... it could be Steven Leopold!*

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### Random New Year's resolutions

#### "12 New Year's Resolutions for Seniors"

by Peter Andersen in *Philips Lifeline*

<https://www.lifeline.philips.com/resources/blog/2017/12/12-new-year-resolutions-for-seniors.html>

- |   |  |                                   |
|---|--|-----------------------------------|
| 1. Review your legal documents.         | 7. Understand your fall risk.                      |                                   |
| 2. Get up to date on your vaccinations. | 8. Forgive the people in your life you deserve it. |                                   |
| 3. Inventory medications.               | 9. Embrace technology.                             |                                   |
| 4. Try something new.                   | 10. Keep laughing!                                 | 12. Revisit your old resolutions. |
| 5. Challenge yourself.                  | 11. Sharing memories.                              |                                   |
| 6. De-clutter.                          |  |                                   |



If you don't like these "goals 2020," try a few of these "gifts" on which to reflect:

- <https://unclutteredsimplicity.com/new-years-resolution-ideas/>
- <https://medfordleas.org/blog/20-fun-new-years-resolutions-seniors/>
- <https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>
- <https://paulfox.blog/2018/12/26/resolutions-for-retirees/>
- <https://paulfox.blog/2015/12/22/random-acts-and-other-resolutions/>

### Coda: Quotables

"Jam Session" in NAFME *Teaching Music*, October 2019

[http://digitaleditions.walsworthprintgroup.com/publication/?i=624157#{%22issue\\_id%22:624157,%22publication\\_id%22:%2261045%22,%22page%22:6}](http://digitaleditions.walsworthprintgroup.com/publication/?i=624157#{%22issue_id%22:624157,%22publication_id%22:%2261045%22,%22page%22:6})

**Question: What do you do in the way of arts participation to keep yourself and your teaching inspired and energized?**

"Participating as an artist is important... I seek repertoire that inspires me as a musician. I play and sing through the pieces as though they were my solo repertoire..." — Patrick Freer

"Even though I retired from the day job as a school district arts administrator, I'm still working in volunteering in some of my favorite music education areas. Helping out with the music program at my granddaughter's preschool has renewed my joy in helping little ones make music. Their lack of inhibitions in exploring new genres, singing, and movements reminds me how important it is to not take our well-trained selves so seriously that we avoid new musical experiences and to hold onto growth mindset as new opportunities present themselves." — Johanna Siebert

"I am a strong proponent of making your own music outside of the classroom... I have always tried to continue my personal growth as a musician by singing in ensembles and engaging in other collaborative works. Singing outside of school has help me to stay in shape vocally." — Christine Nichols

**Please keep in touch and send news updates, anecdotes, pictures, etc.**

**Happy trails, retirees! Happy New Year! PKF**

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