



PMEA Retired Member Network eNEWS: February 6, 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!

February jokes

<https://upjoke.com/february-jokes>

There's a place where January comes after February and December comes before September.
It's in the dictionary.

Emperor Augustus throws down his pen in disgust, exclaiming: "I can't believe it's February and I'm still writing B.C. on all of my checks!"

I love February because it contains two of my favorite annual events: Groundhog Day, and the State of the Union Address. One involves a meaningless ritual in which we look to a notoriously unreliable mammal for prognostication with no basis in reality. The other involves a groundhog.

February 1, 1234 must've been the birth of the world's best drummer. *One / two / one two three four!*

I am giving up drinking alcohol for the month of February.

Edit: I am giving up. Drinking alcohol for the month of February.

I can't wait for Tuesday, February 22, 2022 (2/22/22).

We can call it... 2's day



<https://www.bustle.com/articles/138649-20-funny-valentines-day-cards-for-single-people-looking-for-a-laugh>



More (really bad) February jokes

by Mark Molloy <http://www.mytowntutors.com/february-jokes-2/>

- What month is the best for coffee? *Feb - BREW - ary*
- What month is the best month to tell a lie? *FIB - ruary*
- What is a ghost's favorite month? *Feb - BOO - uary.*
- What happens if the ground log sees its shadow? *We'll have six more weeks of splinters!*
- What would you get if you crossed February 2 with a puppy? *Ground-Dog Day!*
- Why was the groundhog depressed about his den? *He was having a bad lair day!*
- What do you call a lineman's kids? *Chips off the old blocker.*
- Why do coaches like punters? *Because punters always put their best foot forward.*
- What about the football player who asked his coach to flood the field so he could go in as a sub?
- Did you know February 13 is "Pancake Day?" *No, apparently it just creped up on us.*
- What did one oar say to the other? *"Can I interest you in a little row-mance?"*
- Did Adam and Eve ever have a date? *No, but they had an apple.*
- What do you call George Washington's false teeth? *Presidentures!*
- What kind of music do you listen to on Leap Day? *Hip Hop.*
- Where do most people eat on Leap Day? *IHOP.*

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This month's "Fox Finds" – Leo the Tech Guy!

It is a challenge to "keep up" with all of the technology innovations - backup and recovery, gaming, hardware, home theater, the Internet and web, mobile phones, networking, peripherals, photography and video, security and privacy, software, tablets, etc.

I think I discovered a very informative and entertaining solution - and it's free! Plug into the weekly broadcast and streaming episodes of

Leo Laporte - The Tech Guy at

<https://techguylabs.com/>.

Finally, here's an expert on everything digital who "talks straight," uses terms we can understand, appeals to the "inner geek in all of us" or at least does not treat us like "dolts" if we don't understand the differences between a baud, a terabyte, and a pixel. All shows are video archived and explore all kinds of topics. For example, peruse the discussions in his Episode #1654 which aired on December 21, 2019: (<https://techguylabs.com/episodes/1654>)

- New computer "heart transplant" for the International Space Station
- Social media sites tracking your smartphone's location for geo-targeted advertising
- Fake Facebook and Twitter accounts
- YouTube TV
- Sneak preview to upcoming Consumer Electronics Show
- Review of the new Star Wars movie
- Paper needs for the Epson EcoTank printer
- What to do if you think your bank account was hacked
- New or refurbished Android phone recommendations like Google Pixel 3A



Using a "call-in talk show format," his "audience" typically throws him many problems to solve. When I first purchased my iPad Pro and intended to use it for PMEA conference slide presentations, I needed a remote controller. One of his "fans" weighed in with the tip to buy the Satechi Smart Pointer Mobile Remote Control. (You can hear Leo *and me* in show #1300: <https://techguylabs.com/episodes/1300/how-can-i-control-my-ipad-pro-remotely>.)

Also, Leo invites guests regularly to the show, including Dick DeBartolo, "The Giz Wiz" and long-term writer for *Mad Magazine* <http://www.gizwizbiz.squarespace.com/>, travel guru Johnny Jet www.johnnyjet.com, Chris Marquardt, "the photo guy" www.discoverthetopfloor.com, and Scott Wilkinson, "The Home Theater Geek" www.techhive.com/author/Scott-Wilkinson/.

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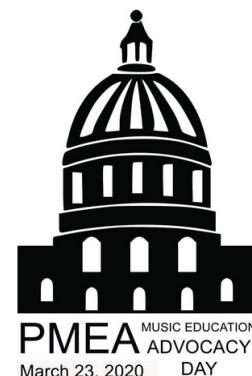
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Come to the 9th Annual Music Education Advocacy Day

March 23, 2020 at the State Capitol in Harrisburg

PMEA retired members may be the "perfect ambassadors" and most eloquent advocates to participate. Last year's Advocacy Day schedule and legislative "asks" are still posted for your review:

<https://www.pmea.net/focus-areas/advocacy/>. For March 23, 2020, a news conference will be held at 11:00 a.m. in the Main Rotunda. More details will be forthcoming. Hope to see you there!



Book-of-the-month: *Retirement YOUR Way*

by Gail L. McDonald and Marilyn L. Bushey

<https://retirementyourwaybook.com/>

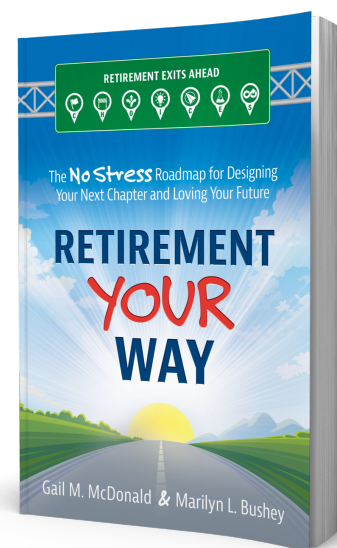
Our "latest and greatest" book review features a unique approach to the sharing of stories led by two successful executive coaches - Gail McDonald and Marilyn Bushey: *Retirement YOUR Way - The No Stress Roadmap for Designing Your Next Chapter and Loving Your Future*. They apply their expertise and innovative thinking to help soon-to-retire and retired professionals make changes and build lives of contribution, vitality, and joy throughout their retirement years. From the back cover:

It's time to break the retirement mold and do retirement your way. Whether you want to keep working on the traditional retirement years, enjoy your class at retirement playing golf and bridge, go back to school, or start a business, this book offers a clear 7-step roadmap to help you get there and enjoy the journey.

Design your dream Next Chapter, using all this book has to offer:

- 6 lifestyle categories to stimulate your own ideas
- 7 essential steps to discover and forge the right path for you
- Over 50 inspiring personal stories
- Conversation starters to spark candid discussions
- Evidenced-based practices to increase your longevity, vitality, and more!

*Packed with practical guidance, useful research, and inspiring stories, *Retirement Your Way* will motivate you to let go of your stories, add your dreams, and keep exploring. Do it your way. Be a retirement rebel!*



McDonald and Bushey's C.H.O.I.C.E.S. roadmap may help spark your imagination about what is possible now and in the future, navigating the often uncertain and emotional journey of retirement "passages," summed up by the following (very clever) acronym:

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- **C** = The culture in a company believes about retirement and aging that you have inherited
- **H** = The hurdles that you have face by internalizing and believing some of your cultural stories
- **O** = The options that you identify for your "Next Chapter"
- **I** = The inspiration that you experience at this time of life and the people who inspire and help you as you begin to take action
- **C** = The course of action that you develop to guide you through your next chapter
- **E** = The experiments that help you learn every day
- **S** = The self-fulfillment that completes you as a human being

I think you will be "hooked" once you glance at their insightful and in-depth table of contents:

Introduction: The Journey Begins

The CHOICES Map: A Roadmap for Your Next Chapter

Part I: Let Go of Your Stories

Conversation 1 - Culture: Check Your Rearview Mirror

Recognizing the Impact of Cultural Norms and Practices

Conversation 2 - Hurdles: Watch Out for Speed Bumps

Noticing Your Personal Beliefs & Stories That Help or Hinder You

Part II: Add Your Dreams

Conversation 3 - Options: Choose Your Route

Stepping Up to Your Personal Power and Making A Choice

Conversation 4 - Inspiration: Select Your Traveling Companions

Opening Your Heart and Connecting with Your Supporters

Conversation 5 - Course of Action: Put the Pedal to the Metal

Creating A Plan for Your Journey

Part III: Keep Exploring

Conversation 6 - Experimentation: Head Out on the Open Road

Staying Aware and Continuing to Learn

Conversation 7 - Self-Fulfillment: Find Your Yellow Brick Road

Connecting with Your Higher Purpose and Lightening Up

Lagniappe: A Little Something Extra for the Road Ahead

Appendix A: A Recap of the CHOICES Map

Appendix B: The Six Categories of Retirement

Appendix C: East Meets West

Appendix D: The Retirement Your Way Playlist

Appendix E: A Conversation with the Authors



*Authors Gail Bushey and
Marilyn McDonald*

The six categories of retirement:

The Traditionalist stops working and engages in a variety of non-paid, mostly leisure activities.

The Altruist stops working and volunteers, as a board member or in other roles.

The Lifelong Learner stops working and pursues a non-paid activity that requires significant practice or continued learning.

The Stair-Stepper continues to work in the same career, while gradually cutting back.

The Boomeranger takes a break and then returns to work.

The Reinventor continues to work in a new career.

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Have you registered for PMEA 2020?

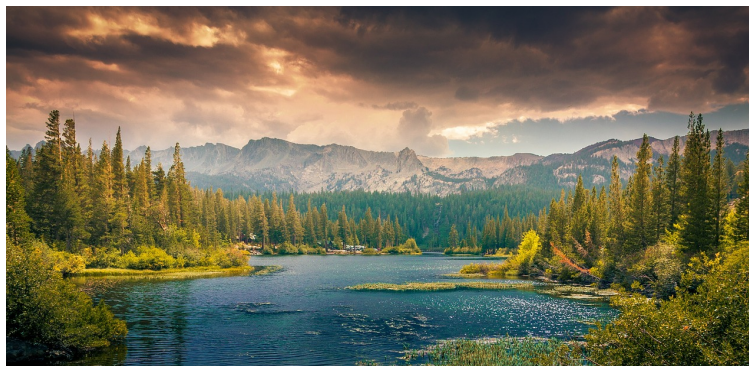
To be fair to all members, instead of Hershey, Erie, Lancaster, or Pittsburgh, this will be the year we will travel to the Northeastern section of the state for the **2020 PMEA In-Service Conference** at the Kalahari Resort in the Poconos. The last issue of *eNEWS* gave you more than a "birds-eye view" of the three "p's" for our annual event: the **p**resenters, **p**erformers, and special **p**rograms. (If you missed it, click on <https://www.pmea.net/wp-content/uploads/2019/12/2020-PMEA-Annual-Conference-Schedule-1.pdf> or check out the latest *PMEA News*.)



PMEA staff Abi Young and Marissa LaBant, PD Council and PD Chair Deb Chrisman have planned an incredible set of workshops, keynotes, exhibits, concerts, and meetings... *something for everyone!* Try mixing in a little "business with pleasure" with "the world's largest indoor water park" (bring the grandchildren!) and these local attractions:

Retirement 101 -
Preparations to
"Living the Dream"
will be presented
by Paul Fox on
April 23 at 3 p.m.

- With "Pocono" meaning the "stream between two mountains," the region encompasses 2,400 square miles of lakes, rivers and woodlands just waiting to be discovered.
- Are you a little adventurous? Explore numerous opportunities to hike, bike, bird watch, ski, fish, and photograph the wildlife, waterfalls, and other breath-taking landscapes.
- Visit the White Mills Art Factory as they celebrate "Winter," a multi-artist, multi-media display hanging through April 26, 2020, Fridays, Saturdays, and Sundays from 10 a.m. to 5 p.m.
- Try your luck at the Mount Airy Casino Resort Spa.
- Or be a "wandering tourist" and take a car trip to nearby Stroudsburg, Milford, Jim Thorp, Honesdale, Lake Wallenpaupack, Hawley, Skytop, Bushkill, Lake Harmony, or Tannersville.
- Check out this Poconos Mountains **interactive map**: <https://www.poconomountains.com/interactivemap/>.



Registration for retired members is *only* \$15 (wow - what a deal!) and all forms/links are posted at <https://www.pmea.net/pmea-annual-in-service-conference/>.

We need to hear from you! Please RSVP your availability to serve as a registration or Info Booth aide (April 23-24), and to join other retirees in "breaking bread together" at the annual **Retired Member Breakfast** on April 24, 2020: paulkfox.usc@gmail.com.

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Glancing through several recent AARP issues...

When the first issue of *AARP - the Magazine* arrived in my mailbox, I thought it was junk mail and nearly threw it away. "Why has this come to me? I'm not a senior citizen!" I quickly realized that my wife had signed us up (the spouse's membership is free) and, being a few years older, she qualified first when she reached 50. So, from that point on, I placed it on *her* desk and proceeded to ignore the publication for almost a decade!

My mistake! Perhaps "better late than never," I can now vouch for taking the time to read this bi-monthly mailing. It is engaging, relevant, and inspirational! Have you seen it?

- **August/September 2019 "Out-Tech the Scammers"**
In the December 2019 eNEWS "Fox Finds" article, I cited Doug Shadel's excellent article offering how to avoid "identity theft," online rip-offs, and other fraudulent schemes.
- **August/September 2019 "The Property Brothers - Home Sweet Forever Home"**
The cartoon provided many tips on household safety and creating your "forever home" (also captured on the AARP website here <https://www.aarp.org/home-family/your-home/info-2019/property-brothers-forever-home-tips.html>).
- **October/November 2019 "Who's Calling?"**
Did you know *anyone* can buy an app (\$8) to hide their phone number and alter their caller ID?
- **October/November 2019 "Good Friends Are the Ones Who Tell You Where to Go"**
Tom Hanks credits the start of his successful career to his "life-changing friends" George Maguire and Michael John McGann.
- **October/November 2019 "A Return to Your Roots"**
Your pursuits of ancestry travel can better define your personal identity and build connections to the people and places in your family history.
- **December 2019/January 2020 "Our Top Picks of 2019"**
Check out AARP's "best movies to see, books to read, and tech you'll love!"
- **December 2019/January 2020 "Is There a Cure for Loneliness?"**
Scientists say that there are medical causes - and remedies - for the painful conditions of loneliness and social isolation that affect more older Americans every year. Quotes:
"Leave your job, not your life."
"Retirement is a set-up for loneliness, and the pain it causes is real."
"Here are some ideas for how to tackle it: Help yourself by helping others. Be click-smart (don't linger online). Befriend yourself."
"Loneliness carries a stigma that hampers efforts to help sufferers. It implies one is a social failure."
"There is a human need to be embedded, connected, integrated in a social network... When that social network is missing, the consequences are very real in terms of mental and physical health."





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Music teacher retirees “on the move”

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



Not really retired? Jane Wall, Natalie Ozeas, Paul Gerlach and Adrienne Davis Kelly still teach at Carnegie Mellon University



Lori Cole with Pittsburgh Concert Chorale in their Christmas concert.



Kudos and bravos to Al Nacinovich conducting the Repasz Band during his final concert as director on December 10, 2019.



Patrick McNamee is a cool sax player



Rick Auvil's social media photo



Looking good Jerry and Darlene Black! Buying or selling a house in the Waterford area? Jerry can help!



Shirley Newhart says hello from the peach state, Savannah, GA



Centre Park Flutes and Cynthia Miller-Aungst at the Berks History Center



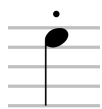
Great horn chops! Judy Shellenberger plays in the Repasz Band

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Short takes: "Ten Ways to Make This Your Best Year Ever"



by Dave Hughes <http://retirefabulously.com/2019/01/04/10-ways-to-make-this-your-best-year-yet/>

Still on track with your New Year's Resolutions? By now, most of us have likely "fallen off the wagon" or lost our way and discarded this annual ritual of creating "new" self-improvement targets. Perhaps it is time to revisit your "plans?" Retirement guru Dave Hughes provides a little insight in productive goal setting:

"So rather than making idealistic and overly optimistic resolutions, try evaluating your daily and weekly routines and consider what you're willing to change."

"Your level of satisfaction with your retirement - or your life at any stage - is determined more by how you spend each day than by the occasional big trips or special events you experience."

His "top ten list" of ideas (read the entire article at the link above):

1. Look for occasions to celebrate.
2. Decide upon your next vacation.
3. Do something new.
4. Make time for fun.
5. Exercise your creativity.
6. Read a good book.
7. Contact your friends more often.
8. Spend more time outside.
9. Get rid of what you don't need or want anymore.
10. Shake up your routine.



Short takes: Just for fun... links of retiring teacher stories



- "I Learned a Lot from You, Even If I Didn't Act Like It"
<https://www.the74million.org/article/i-learned-a-lot-from-you-even-if-i-didnt-act-like-it-ex-student-finds-newly-retired-teacher-on-twitter-thanks-her-for-shaping-his-life/>
- "1,000 former Maine-Endwell students Meet Mr. P"
<https://www.pressconnects.com/story/news/connections/2019/04/14/retired-teacher-john-perricone-maine-endwell-ny-breakfast-club-1000-students/3278326002/>
- "Bill Kraus to Retire as Choral Director After Farewell Concerts"
<http://www.sanduskyregister.com/story/201604190037>
- "Teacher's Final Assignment: Giving Back His Students' Stories"
<http://www.startribune.com/retired-teacher-has-one-final-assignment-giving-back-his-students-stories/391502931/>
- "Band Director Retires After 46 Years - New 'King' Leads the Legends"
<https://wpta21.com/2019/08/23/band-director-retires-after-46-years-new-king-leads-the-legends/>
- "Music Teachers Retiring After 62 Years of Service"
<https://www.post-journal.com/life/focus-on-schools/2019/02/music-teachers-retiring-after-62-years-of-service/>
- "USC Band Director Set to Retire After 50 Years at the Helm"
<https://abc7.com/5714439/>

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Dal Segno: Quotables by Leonard Bernstein



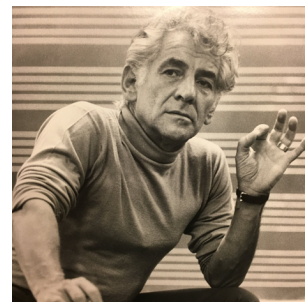
<https://www.classicfm.com/composers/bernstein-l/music-education-quote/>

"I propose that the reading and understanding of music be taught to our children from the very beginning of their school life; that they learn to participate with enthusiasm in the study of music from kindergarten through high school."

"No child is tone deaf; every child has the natural ability and desire to assimilate musical ideas and comprehend their combinations into musical forms. Every child can be taught to read music as he or she is taught to read words; and there is no reason why both kinds of reading cannot be taught simultaneously."

"...Children must receive musical instruction as naturally as food, and with as much pleasure as they derive from a baseball game. And this must happen from the beginning of their school lives."

— Leonard Bernstein, during testimony to the U.S. House Subcommittee on Select Education in 1977

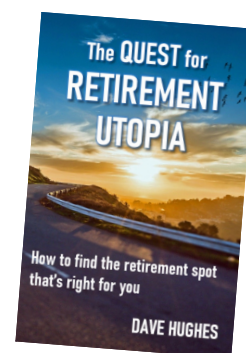


Coda: Coming soon...



If you are going to the 2020 PMEA Conference, sitting at the **PMEA Info Booth** would be a big help to PMEA and even for yourself personally! You will have the opportunity to network with our PMEA members (maybe some of whom are your former students), give out a few directions ("Which way to the pool, dude?"), and operate the display of our newest kiosk presentation "Everything You Always Wanted to Know About PMEA" and the PCMEA student video "Preparing Your Students to Become a Music Education Major." Please confirm you can help (pick out your free days and times after checking the conference session schedule) via an email to paulkfox.usc@gmail.com. Do it now while you are thinking about it! By the way, are you coming to the retiree breakfast on April 24? Let's "party hearty" (with food and prizes) and "catch up!" This is all in celebration of your service to PMEA and our profession! Thank you!

A recent release on Amazon is the third book by retirement expert Dave Hughes, our keynote speaker featured in last year's PMEA/NAfME Eastern Division Conference: *The Quest for Retirement Utopia - How to Find the Retirement Spot That's Right for You*. Heads up: This will be our March eNEWS book review.



Fine: NAfME Elections and Bylaws Changes

Finally, be sure to cast your vote for **NAfME President Elect**. You should have received your ballot via email on January 14, 2020. PMEA's very-own Scott Sheehan is running! Please make sure *your voice* is heard! Deadline? **February 12, 2020**.

We are always looking for status updates and pictures from our retirees!

Please keep in touch! **Happy trails, retired members!** PKF

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