



PMEA Retired Member Network eNEWS: April 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!

To "humor" the situation... or just really bad doctor jokes

by Shalin Jacob (Go to the scoopwhoop website for cartoon designs by Puneet Gar)

<https://www.scoopwhoop.com/doctor-jokes/>

Q: Does an apple a day keep the doctor away?

A: Only if you aim it well enough.

Doctor: You are very sick.

Patient: Can I get a second opinion?

Doctor: Yes, of course! You are very ugly, too.

Patient: Doctor, I've swallowed a spoon.

Doctor: Sit down and don't stir.

Q: Why did the doctor tell the nurse to walk past the pill cupboard quietly?

A: So she wouldn't wake the sleeping pills.

They tried to save him with an I.V., but it was all in vein.

Q: Did you hear about the optometrist that fell into his lens grinding machine?

A: He made a spectacle of himself.

Patient: Someone decided to graffiti my house last night.

Doctor: So why are you telling me?

Patient: I can't understand the writing. Was it you?

Did you hear about the guy who lost his whole left side?

He's all right now!



Regarding COVID-19:

"There are those for whom it could lead to a very serious illness. We are taking it one-day-at-a-time. There are things we can all do to get through this by following the advice of experts and taking care of ourselves and each other, no?"

"Remember, despite all the current events, there is no crying in baseball."
(A League of Their Own)

Tom Hanks with
Rita Wilson

True one-liners coming straight from medical charts

<https://www.aimseducation.edu/blog/ridiculously-funny-medical-jokes/>

- Discharge status: Alive, but without my permission.
- Patient has two teenage children, but no other abnormalities.
- The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
- Mrs. Evans slipped on the ice & apparently her legs went in separate directions in early December.
- Patient was seen in consultation by Dr. Jones, who felt we should sit on the abdomen and I agree.
- The patient refused autopsy.
- Skin: somewhat pale, but present.
- The patient has no previous history of suicides.
- She is numb from her toes down.
- She stated that she had been constipated for most of her life until she got a divorce.

Strange coincidence?

Plague **1720**
Cholera Outbreak **1820**
Spanish Flu **1920**
COVID-19 **2020**

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This month's "Fox Finds" – Distance learning or virtual music education

My wife and I got the same dreaded phone call many of the full-time teachers received! "Out of an abundance of caution relating to the prevention of spreading the coronavirus, beginning March 12, 2020, all extra-curricular, after-school, weekend, and outside events held in the school buildings are cancelled by the superintendent until further notice." Several days later, the governor cancelled school for at least ten days!



Oh, no! There went at least half of the remaining youth orchestra practices we planned as well as our annual ice cream social/game day ahead of our spring performance (date of May 17 still "hanging on") followed by several field trips to a string luthier, band instrument repair shop, and Kennywood Park. Everything is now generally "up in the air!" Most of my South Hills Junior Orchestra players are students (grades 5-12 but some adults) and could potentially lose much of the "musical momentum" we have achieved during the 2019-2020 season (our 37th year).

What's a retired school music educator and community ensemble director to do?

Before panicking, I realized we had previously set-up a SHJO website and Facebook page, and regularly use Mailchimp to send out "epistles" I call "Fox's Firesides" on everything from music practicing tips to reference letters and audience etiquette. (Please feel free to view/share my library of articles: <https://paulfox.blog/foxs-firesides/>.)

So, we were lucky enough to already have a *conduit* to reach our instrumentalists who reside all around the Western PA area! Now, my mission is to somehow to *motivate them* to keep "at it" in pursuing their music learning and to explore the many online resources available to them. The young musicians should have more time to practice... *but will they?* Not having embraced "the big boy" packages of MusicFirst or SmartMusic (applications for school programs, although we may still look into using them for SHJO next year), we are starting out with "low tech," something we call "SHJO.clips" – posts to create, listen, inspire, ppractice, and share online every week, including excerpts from the concert music we are programming with fingering/articulation/expressive suggestions, music history, sight-reading, ear-training, theory apps, scales, technical exercises, and games that teach musical concepts. Feel free to examine these archives: <http://www.shjo.org/clips>.



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Retirees often contribute to the profession by conducting, teaching, and giving lessons. If *you* find yourself in a similar situation and need ideas, check out these great links:

- Elisa Janson Jones <https://www.elisajanson.com/> and <https://www.musicedmentor.com/blog>
- Facebook Group - Music Educators Creating Online Learning
<https://www.facebook.com/groups/242289003466971/>
- Blogs by Michelle Rose <https://themusicalrose.com/category/technology/>
- BANDING Together Webinar by Lesley Moffet
https://zoom.us/webinar/register/rec/WN_yirPclmUR2yRGjExSyzvpA?meetingId=5MdYHaDK9T5IerP8xUGCB5EEF7z-T6a81HRirPBbyRsyZjuCTJasj46PTx1THcgQ&playId=7MJ8dO38_T83HYaT5ASDUfd9W9S8fPms0XBI8_RezUe1AiMCNgf3M-dBZuPuembrWvU6uKsFdMAM_C5Z&action=play
- G Suite Music Theory Curriculum by Nicole Laborte
<https://nicolelaborte.wordpress.com/2020/03/15/g-suite-music-theory-curriculum/?fbclid=IwAR2lCakxjLAQOCrY7zOzeVSRonQxuWY1rqxoFuMedi-346Rf6hyvP3D0C44>
- Online Tools for Teaching Music (Google Doc - sharing)
<https://docs.google.com/document/d/1vrwLVQGDFuhK7RyMyz5m5FuG6NvaHfOW9DcrT0AK9-k/edit?fbclid=IwAR1fIIIfxb7bhe7XoKp3Ckt-WEqb94TvIQbT-c3Lcuvh03z6Br7v0uM9cujs#heading=h.3xzpu7fohtt2>
- Educational Technology and Mobile Learning
<https://www.educatorstechnology.com/2018/03/10-good-educational-websites-for-music.html>
- Great Apps, Games, and Websites for Music Ed
<https://www.common Sense.org/education/top-picks/great-apps-games-and-websites-for-music-education>
- MusiView's 15 Best Music Education Websites
<https://musiview.com/15-best-website-music-education/>
- EMEA Music Websites for Students <http://www.emeamusic.org/music-education-websites.html>
- MTNA Websites for Kids
https://www.mtna.org/MTNA/Learn/Parent_and_Student_Resources/Websites_for_Kids.aspx
- How to Engage Students Utilizing Music Education Tools & Technology
<https://musiceducation.arts.ufl.edu/resources/how-to-engage-students-through-music-education/>
- Google Tools & Activities for Music Education by Eric Curtis
<https://www.techlearning.com/news/google-tools-and-activities-for-music-education>
- Christopher Bill Guide to Remote Music Education
<https://docs.google.com/document/d/1SoERjaLMA1Tro1FTf5i8iLckaL03bL8Xuugr7el77Iw/mobilebasic>
- Music Tech Teacher by Karen Garrett
http://www.musictechteacher.com/music_quizzes/music_quizzes.htm

A comprehensive listing of online music learning resources can be downloaded here:
https://docs.google.com/document/d/1F8UPcLEKtu_RFVfMLsxmIyvqVXquN6UcUcz7uJQlwAU/edit

Both SmartMusic and MusicFirst have comprehensive apps with per musician fees, allowing for guided practice and music assessment. Next month's "app review" will be on Zoom.com meetings/videos/webinars.

Now you *can* reach out to your community (youths of all ages) and make music *virtually*!

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smartmusic.



musicfirst

classroom





Book-of-the-month: *The New Retirementality* by Mitch Anthony

<https://www.mitchanthony.com/product/the-new-retirementality/>

I nearly lost my copy of the 4th edition of an excellent retirement book by one of the most prolific writers I have seen - Mitch Anthony - a contributor to CBS Marketwatch. *The New Retirementality: Planning Your Life and Living Your Dreams at Any Age You Want* was purchased six months ago. Now I hear he has updated it with a fifth edition... and still going strong!

In my version of the book, the preface lays out his focus:

The world continues to awaken into the realities of this strange institution we have created called "retirement." Ideas that sounded novel when I first wrote them down 12 years ago now appear to be fairly common sentiment. My inspiration for this fourth edition has come from both the 60+ rebels who have decided to live life on their own terms, as well as insights from those much younger.

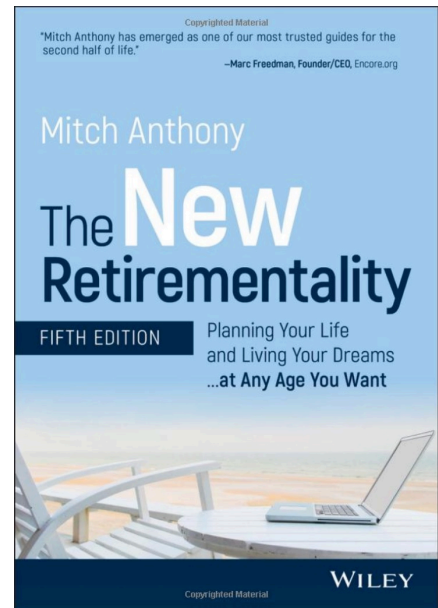
He starts off with a story about Ryan, age 6, the son of his wife's horse trainer, who visited him in his library discussing "life, writing, and other macro themes that prevail upon the mind of precocious kindergartners." His mother shared this note which inspired Mitch:

One day I was explaining what "retirement" meant to my son Ryan. He looked at me in a very puzzled way after digesting the meaning of this strange concept and then said to me, "Mommy, when I get older I will never retire because I'm gonna love my job." After pondering the concept for a minute longer he continued, "And you will never retire either, will you mommy? Because you love your job too; right?" I just laughed and reassured him that "No, I will probably never retire either because I truly do love my job." I smiled and thought how lucky he was at the young age of six to already have so much figured out. If only we could have more people entering our workforce with the focus not on the magical date of retirement, but rather on enjoying their journey to life and making the most of each day. Bless our sweet children for reminding us what it is important in life...

His book's theme is very evident in the printing of the last paragraph of his Preface:

Money is a part of the retirement discussion but it is not the primary component, despite the modern cultural inferences of the term "retirement planning." What needs to be planned for is much bigger than the accumulation and distribution of your means. Don't get me wrong: having the means to retire is important. But we also must plan for - but often don't - is meaning. Age is irrelevant when we discuss meaning at the individual level. Read and explore this book with an open mind and an even wider heart and I am confident that you, too, will cross the bridge towards the most meaningful stage of life yet.

Originally written to get the attention of baby boomers approaching 55, Mitch shows people why they need to form a new attitude about retirement - a "new retirementality."





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As always, you can tell a lot about a book by first reading it's Table of Contents:

1. A Short History of Retirement
2. Removing Artificial Finish Lines
3. The New IRA - Individual Retirement Attitude
4. Money Is Only Part of The Equation
5. Retirement Whiplash: Be Careful What You Wish For
6. The Retirement That Works
7. The Real Meaning of Work
8. Extending Your Stay by Staying on the Edge
9. The New Mindset: Retire on Purpose
10. The New Meaning of Re-Tired: Your Next 100,000 Miles
11. Redefining Rich: Bridging The Gap Between Means and Meaning
12. Moving from ROI to ROL
13. The Waiting Game: Navigating Social (In)Security
14. Maslow Meets Retirement
15. Calculating Income for Life
16. Don't Go It Alone
17. From Aging to S-Aging



Mitch Anthony

Looking for a past mini book reviews?
See the index on the PMEA website:
https://docs.google.com/document/d/1bGkx4rqDE2m3JunmMailp2pThkSTWS1xWoiKIk3_qWA/edit?usp=sharing

My favorite sections dive into "removing artifical finishing lines" (Chapter 2), "the real meaning of work" (Chapter 7), "your next 100,000 miles" (Chapter 10), and moving from the standards of ROI - "return on investment" to ROL - "return of life" (Chapter 12). His eight-page "Short History of Retirement" was most illuminating, probably one of the most complete since viewing workshops of Ken Dychtwald, Founder/CEO of *Age Wave*, and is where Mitch first defines his NEW IRA: **I**ndividual **R**etirement **A**ttitude.

Providing a plethora of surveys, charts, and anecdotes of retirees who "saw the light," you will need to take the necessary time to fully consume this recommended reading!

Retirees – Now more than ever, your help is needed!

The **PMEA Retiree Resource Registry** (R³) provides membership with a pool of willing (and very capable) volunteers to advise, compose, conduct, engage, mentor, present, speak, etc., on everything from class management, curriculum development, and score preparation to just offering a shoulder to lean on. Want to join "our merry little group?" Or do you need to call someone for help? Visit the Retired Member focus area for more details:

<https://www.pmea.net/retired-members/>.



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Quarantined or just staying home? Crush cabin fever with virtual exhibits!

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

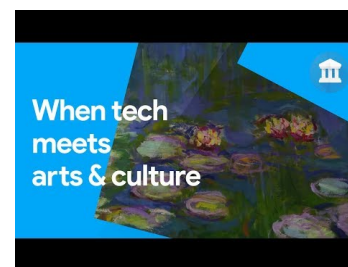
<https://www.nbcwashington.com/news/local/the-weekend-scene-what-to-do-while-stuck-at-home/2239886/>

They boast, "Now, you can go to the museum and never leave your couch!"

Thanks to the **Google Arts & Culture** collection, there are literally hundreds of virtual tours and online exhibits of some of the most famous art galleries and displays around the world. Get out your laptop, iPad or other device, and check out this dozen!



1. British Museum, London: <https://britishmuseum.withgoogle.com/>
2. Guggenheim Museum, New York: https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95902634325634&sv_lat=40.78285751667664&sv_h=30.75703204567916&sv_p=0.06928383072430222&sv_pid=MfnUmHRyOSzMtY3vtYU05g&sv_z=0.9645743015259166
3. National Gallery of Art, Washington, D.C.: <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>
4. Musée d'Orsay, Paris: <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>
5. National Museum of Modern and Contemporary Art, Seoul: <https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>
6. Pergamon Museum, Berlin: <https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>
7. Rijksmuseum, Amsterdam: https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7q?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=311.1699875145569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfQ&sv_z=1
8. Van Gogh Museum, Amsterdam: <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>
9. The J. Paul Getty Museum, Los Angeles: <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>
10. Uffizi Gallery, Florence: <https://artsandculture.google.com/partner/uffizi-gallery?hl=en>
11. MASP, São Paulo: <https://artsandculture.google.com/partner/masp?hl=en>
12. National Museum of Anthropology, Mexico City: <https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>





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With the **Smithsonian Museums** temporarily closed on March 14 until further notice, you can also "soak up some history" using these sources in the comfort and safety of your home:

1. National History Museum: <https://naturalhistory.si.edu/visit/virtual-tour>
2. Women's History Museum: <https://www.womenshistory.org/womens-history/online-exhibits>
3. National Museum of the US Air Force: <http://www.nmusafvirtualtour.com/>
4. Catalog of Smithsonian Virtual Exhibits: <https://www.si.edu/exhibitions/online>



Smithsonian

We also found the Musée du Louvre, the Tuileries Garden, and the Cour Carrée offering virtual tours on their website: <https://www.louvre.fr/en/visites-en-ligne>.

Interested in audio only? I am sure your Classical music collection is extensive, but have you seen this live streaming site? <https://www.accuradio.com/classical/>

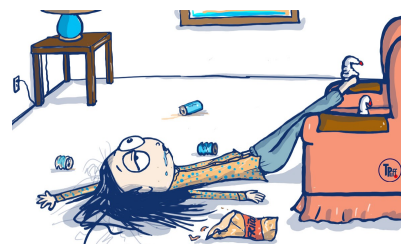
How about "15 Broadway Plays and Musicals You Can Watch from Home?"

<https://playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

Closer to home, have you experienced Fallingwater on YouTube? Here's architect Frank Lloyd Wright's home built partly over a waterfall on Bear Run in the Laurel Highlands of the Allegheny Mountains: <https://www.youtube.com/watch?v=Uj07nyrJJQg>.

More things to do if you're stuck at home

Personally, I have never been at a loss for preoccupying myself with "brain activities," research, writing, making music, and other self-improvement (or "honey-do") projects. However, we hear that with the descent of COVID-19 restricting our daily routine, many people are looking for inspiration: "What will I do today?" Try these links:



- "50 Things to Do on a Boring Day at Home" by Daniel Hatch: <https://www.danielbranch.com/50-things-to-do-on-a-boring-day-at-home/>
- "How to Stay Busy at Home During the Coronavirus Outbreak - and Support Small Businesses at the Same Time" by Olivia Harrison: <https://www.refinery29.com/en-us/2020/03/9552059/things-to-do-at-home-during-coronavirus-activities>
- "30 Fun Things to Do at Home" by Charlene Tops: <https://www.lifehack.org/articles/lifestyle/30-fun-things-home.html>
- "15 Ways to Practice Self-Care in the Time of Coronavirus" <https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>
- Still bored? Visit the **Curiosity website**, with sections like "Offbeat Adventure," "Amazing Places," "Mind and Body," "Personal Growth," "Puzzles and Quizzes," and "Science & Technology" <https://curiosity.com/>

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Where are YOUR retirement pictures?

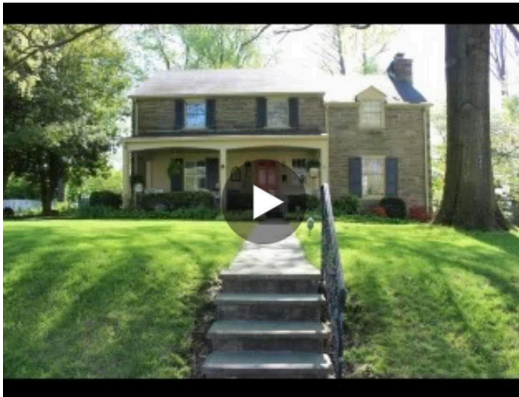
Email vacation, encore career, hobby, music happening, family/pet, anniversary, or pics to paulkfox.usc@gmail.com.



J Howard Baxter

Yesterday at 11:25 AM · 🌐

This has been our home for twenty-seven years. This is a Super fantastic neighborhood where we raised our three children. We say farewell to many friends and hello to our new home in Alabama – southern born, and southern bred.
Lisa Baxter



👍❤️👍 147

249 Comments 1 Share

👍 Like

💬 Comment

➦ Share



Scott Sheehan

Best wishes on your new adventure!!



Kelly Gressley

Best wishes, friend



Rick Coulter

PA will miss you!



*Nora Burrridge,
we miss you!
Wishing you the best!*



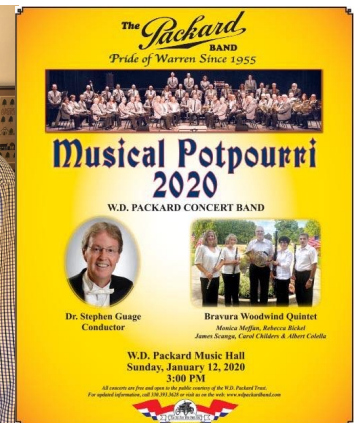
*JP Kloske about John Bugosh:
"Feeling so privileged to play in
John Bugosh's last concert as
conductor of New Cumberland
Town Band. The first time he
conducted me was almost 30
years ago!"*



*Don't they make a lovely couple?
Donna and James Falvo*



*Jim Scanga (with wife Kim) retired from Farrel HS,
serves as PMEA District 5 festival coordinator, and
continues to play horn for the Bravura WW Quintet.*



Stay connected with PMEA! Music retirees make a difference!

Happy and safe trails, **retired members!** PKF

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