



PMEA Retired Member Network eNEWS: May 7, 2020

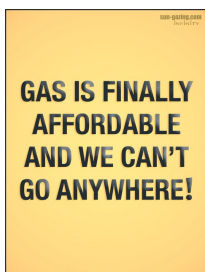
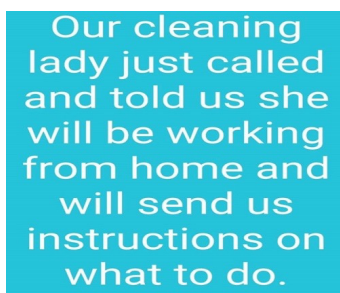
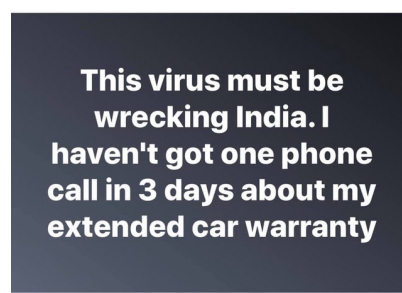
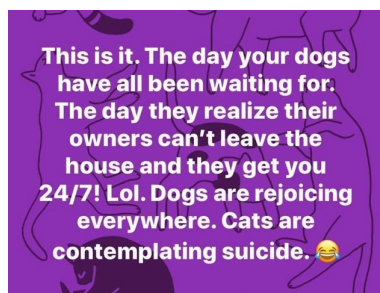
by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

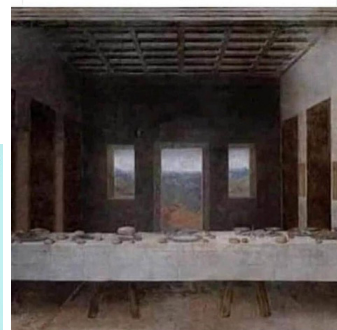
Page 1 of 8

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!

Keep a handle on it! Don't lose your sense of humor!



Meanwhile, in Italy...



I'm either coming out of this quarantine 20 lbs lighter, chakras balanced & a house full of completed craft projects Or.... 20 lbs heavier with a drinking problem. 🙏

Stay safe and healthy!

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This month's "Fox Finds" – Have YOU "Zoomed" yet?

Have you dabbled with an online virtual meeting program like Zoom.com?

As I mentioned last month, besides "reaching out" to the members of my community/youth orchestra using Mailchimp emails and our SHJO Facebook page, I wanted a platform to talk to and engage my instrumentalists... at least to check-in with them and provide a forum to share their musical experiences. In addition, my wife was looking for a substitute to her in-person private lessons. *Zoom became our tool!*



As you can guess, "nothing is perfect!" Zoom does offer the ability to have your family, friends, "cohorts" from your classes, ensembles or clubs, *come together...* faces displayed in little squares across the screen. However, before you "jump into" using this communications package, there are a few issues you must first address:

- You and the other participants need a strong Internet connection.
- Although not essential, an external microphone would be helpful for sound quality.
- The sound is delayed and designed for voice, not music, so allowing everyone to perform music together and hear one another accurately will be impossible!
- Unless you find the settings for "original sound" (amplified by the host) and turn off automatic volume control, playing any music may have disastrous results.
- For each Zoom episode, you email a meeting code to your group. After first downloading the Zoom app for iOS/Android devices or running the program directly from the computer's browser, all they have to do is to click on the link, and "join the meeting" from their phone, tablet, or computer from *anywhere*.
- Use (optional) passwords and direct your attendees to a "waiting room" prior to the start of each session.
- Unless you check it as your default setting, you will need to train your students to mute their mikes and only turn them on one-at-a-time with your instructions.
- You (or your participants) can do the "share screen" option, showing a copy of scanned music, PowerPoint slides, or anything else residing on the presenter's desktop.
- The "chat" feature (like texting), webinar recording, and "raise your hand" options are also helpful.

The cost? If you can stay under 40 minutes per 3+ participant meeting, it is free. Otherwise, the fee is \$15/month (discounted if you purchase a whole year at a time).

One suggestion: Give the free version a trial run with just a family member or trusted friend. Call up mom or your uncle!



Here are a few resources to study before using Zoom in music education:

- <https://youtu.be/vH0GwfVFJlc>
- <https://theonlinemusicteacher.com/teaching-music-online-with-zoom/>
- <https://youtu.be/bqF7XUnin2Q>
- <https://doublebassblog.org/2020/03/the-newbies-guide-to-teaching-online-music-lessons.html>

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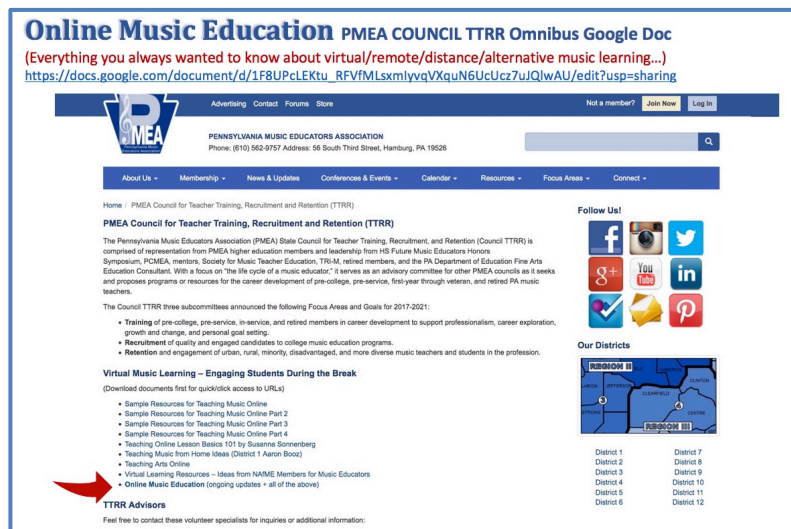


Updates on Digital/Distance Learning/Alternative Music Education

A lot has happened since the last eNEWS. If you would like a close look at the more than 155 great **online music education resources**, click on the omnibus Google Doc (or the link/photo to the right) which often gets revised with "everything *and* the kitchen sink!" A few of the newer ones for *newbie techies*:

- **Music Resources**
<https://www.pmea.net/wp-content/uploads/2020/04/Music-Resources-4-2-20.pdf>
- **Distance and e-Learning Tools for the Arts** by Wendy Barten from the Perpich Center for Arts Education (Minnesota)
<http://perpich.mn.gov/professional-development/state-arts-education-specialists/>
- **Sample Resources for Teaching Music Online** by Abigail Kramer, Andrea Nestman, & Julia McBride
<https://www.pmea.net/wp-content/uploads/2020/04/Sample-Resources-for-Teaching-Music-Online-from-University-of-Delaware-students.pdf>
- **Music Education Resources** from the Save the Music Foundation
<https://www.savethemusic.org/grants/teacher-resources/>
- **Distance Learning** by Melissa Stouffer
<https://mrsstouffersmusicroom.com/distancelearning/?fbclid=IwAR28rb1M8tCFW2tffhdngFo7sqFnn5tEHd8S-bizvB46SbjxDjpAvstAAhTM>

https://docs.google.com/document/d/1F8UPcLEktu_RFVfMLsxmIyqvVXquN6UcUcz7uJQlwAU/edit#heading=h.6m2qbhz6ljxo



In addition, to foster music practice and engagement of my community orchestra members, my wife and I posted a large number of **SHJO.clips**, activities for music enrichment and exploration, and archived them here: <http://www.shjo.org/clips>. I guess "imitation is the sincerest form of flattery." A former USCHS band student of mine who now teaches in Disputanta, Virginia, reached out to me and asked if he could "steal" a few of these for a "spring break challenge" of his JET Moore Middle School Choir students. (Will wonders never cease? Don't these graphics do look similar?)

Prince George .CLIPS



Create Listen Inspire Practice Share



SHJO.clips

Create Listen Inspire Practice Share

Resources to keep up with your exploration and mastery of music.

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How can PMEA Retired Members help during this world emergency?

"We can't let the pandemic to cause us to lose our humanity."

https://www.washingtonpost.com/local/volunteering-and-coronavirus-when-helping-people-could-mean-putting-them-at-risk/2020/03/17/37755f04-6864-11ea-b313-df458622c2cc_story.html,

The novel coronavirus has shut down everything, and according to *The Washington Post*, many "community centers, tutoring services, home construction programs, recovery meetings, arts workshops, and animal shelters have been forced to temporarily shutter... This is the paradox facing nonprofits, community groups, religious organizations, and neighbors across the United States... For regular volunteers and those eager to volunteer in this time of chaos, the systems in place to do so have been upended."



If you are not among the large senior population of "medically vulnerable people," there are a few things you can do to become a "do-gooder," assist your community, and even fellow teachers during this time of pandemonium. Here is a "top-ten list" of suggestions:

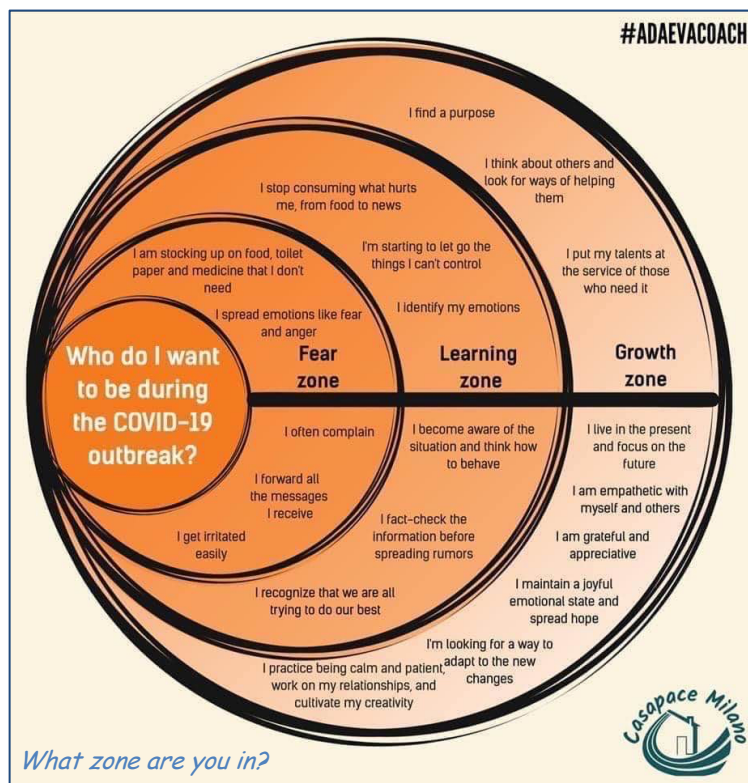
1. Email the PMEA Retired Member Coordinator your availability to serve over the next several months as a "virtual interviewer" of senior music education majors practicing their marketing skills in online mock job screenings: paulkfox.usc@gmail.com.
2. We need someone who likes to "surf the net" and find the websites, Facebook pages, and/or mailing addresses to add to the PMEA directory of amateur/community bands and orchestras at <https://www.pmea.net/wp-content/uploads/2019/09/Community-Bands-and-Orchestras-091219.pdf>
3. Connect with a PCMEA Chapter or PA college/university music education department to offer your services as a "guest speaker" focusing on a meaningful music methods subject.
4. Do you have any old lesson plans or PowerPoint presentations that can be recycled for local music teachers suddenly having to scramble generating online learning opportunities for their kids since the schools are closed for the remainder of the academic year? Several PMEA members have recorded themselves giving vocal or instrumental lessons, even sing-a-longs, rhythmic reading or response units, and dance classes on YouTube. (Yes, you *can* "teach an old bird new tricks!" That is why we have published the last three "Fox's Finds" on learning new technology tools.")
5. Have you considered presenting a PMEA webinar on your favorite topic? Have you seen the wealth of sessions at <https://www.pmea.net/webinars/> - as many as two a week? Professional development must go on during the crisis. Interested? Contact Teri Myers directly at tmyers@altoonasd.com.
6. Do you teach private lessons? Encourage your singers or players to create a "virtual solo recital" (even just perform one selection) and send the recordings to you *and their own relatives*. You can connect with local assisted living and senior centers to distribute these "musical greetings!"
7. If you have not done so already, sign-up for the PMEA Retiree Resource Registry (R³) at <https://pmea.wufoo.com/forms/pmea-retiree-resource-survey/> - more details are printed at the Retired Member focus area on the PMEA website: <https://www.pmea.net/retired-members/>.

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8. After "taking care of business" at home (your own elderly relatives), reach-out to your neighbors to see if anyone needs food or medicine deliveries. "Twitter, Facebook, email discussion groups, and **Nextdoor** app pages are filled with call-outs from healthy people eager to expose themselves to the outside world so others don't have to." If you have their phone number or email address, check-in with the senior citizens on your street.
9. Food banks are screaming for more volunteers. Are you up to helping out by packing and/or delivering food, all the while remaining at least six feet from each other and your "needy clients?"
10. One final, low-tech tip: cheer up someone by calling them. It is important to take steps to connect



with your loved ones and friends, wherever they may be, and to do "health and wellness" checks, foster a few "virtual hugs," promote dialogue, as well as "embrace" your own self-care and mindfulness habits. Geisinger Health and others provide these recommendations:

From watching the news every hour to scrolling social media a little too much, it's easy to get lost in the noise of what's going on around us.

And you're not alone in this.

If you've found yourself in an extended state of self-quarantine, there are some simple steps you can take to protect your mental health, in addition to your physical health.

1. Make time to unwind.
2. Exercise to promote good health.
3. Be mindful to support your immune system.
4. Take breaks from the news.
5. Remind yourself why you are in isolation.

— <https://www.geisinger.org/health-and-wellness/wellness-articles/2020/03/18/17/56/self-care-during-quarantine>





Book-of-the-month: *The Joy of Not Working* by Ernie Zelinski

<http://www.erniezelinski.com/>

I could not resist revisiting one of my longtime favorite authors, **Ernie Zelinski**, whose other book on retirement should be a required textbook for soon-to-retire colleagues: *How to Retire Happy, Wild and Free*. Besides probably being appropriate to bring up the issues of "not working" during this COVID-19 pandemic, I also thought I should finally get around to "cracking open" this "21st Century Edition" of *The Joy of Not Working - A Book for the Retired, Unemployed, and Overworked*, although its original release was copyrighted in 2003. (However, I did order his latest *The Joy of Retirement* so we can peruse it for another book review in the future.)

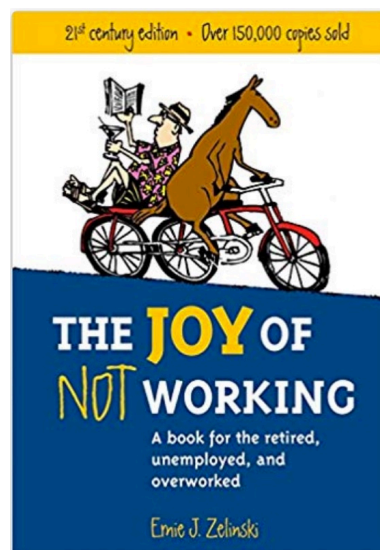
This is the advertising "hook" from the back cover:

Ernie Zelinski could change your view of the world forever. He has already taught more than 200,000 people what the Joy of Not Working is all about: learning to live every part of your life - employment, unemployment, retirement, and leisure time alike - to the fullest. With this completely revised and expanded edition, you too can join the thousands of converts and learn to thrive at both work and play. Illustrated by eye-opening exercises, thought-provoking diagrams, and lively cartoons and quotations, the joy of not working will guide you to:

- *Be more productive at work by working less.*
- *Discover and pursue your life's passions.*
- *Gain the courage to leave your corporate job if it is draining life out of you.*
- *Pursue interesting leisure activities that make a difference in your physical, mental, and spiritual well-being.*
- *Vanquished any guilt you may have about not working long and hard hours.*
- *Be financially independent with less money.*

One thing you can say about **Ernie J. Zelinski**... he has opinions. Agree or disagree, he brings up some very interesting (possibly debatable?) issues:

- He makes the argument that panhandlers contribute more to a better world than SUV owners because of his outlook that SUV cars are nonessential and pollute the environment.
- He presents a chapter on the premise that a country almost went mad in an obsession with 24/7 work ethic and job overscheduling. The nation? USA? Canada? No, Japan in the late 90s. Then he suggests this was repeated by businesses and managers and workers in mainland China beginning around 2003.
- He defines in detail a new disease... pages and pages on the causes/cures of this ailment: *boredom*.
- He provides great lessons on "learning how to loaf" (perhaps some of us do not need this?).



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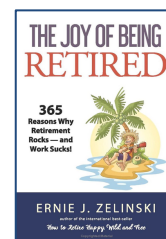
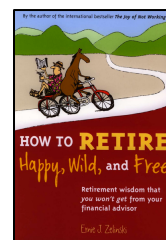
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Page 7 of 8

If you don't believe he has strong views, just check out the chapter titles of this book:

1. You Too Can Live "The Life Of Riley"
2. What You See Is What You Get
3. The Morality of Work Is the Morality of Slaves
4. Working Less Just for The Health of It
5. Unemployed: The True Test of Who You Really Are
6. Somebody Is Boring Me; I Think It Is Me
7. Lighting Your Own Fire Rather Than Being Warmed By Someone Else's
8. Dynamic in Action Will Get You Nowhere
9. Zen There Was the Now
10. It Is Better to Be Alone than in Bad Company
11. Financial Independence on Less than \$20 a Day
12. The End Has Just Begun



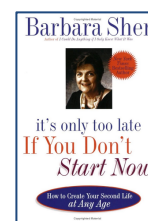
Other books by Ernie Zelinski

What motivated him to becoming an author? This is from his preface:

This book is the result of my education - and education that has nothing to do with the curricula in place at schools and universities. I acquired this education through my personal experiences, far removed from my formal education. At the age of 29, I embarked on a new career. Having lost my job, I decided that I wanted to be a creative loafer for a year or so. Although my new career was supposed to be temporary, I have yet to return to regular job.

So he shares his "secrets" and thoughts on how to lead a leisurely life, also bringing up supportive anecdotes of the experiences and aspirations of other people.

Probably the most important section for retired members begins with "There Is Life After Retirement." I get the feeling that this research was the inspiration for his other published bestsellers that came later. This excerpt offers a very good summary, especially to those of us who are still undergoing the transition from full- and part-time work to full retirement.



Zelinski's concludes with yet another book recommendation: *It's Only Too Late if You Don't Start Now: How to Create Your Second Life At Any Age* by Barbra Sher.

Beat Boredom and the Stay-at-Home "Cultural Blues!"

- Museum from Home Courtesy of Carnegie Museum <https://carnegiemnh.org/visitor/museum-from-home/>
- Philadelphia Jazz Project (several videos) <http://www.philajazzproject.org/>
- Virtual Philly Orch. <https://www.philorch.org/performances/special-performances/virtual-philadelphia-orchestra/>
- "Bright Spot" Videos and More from the Pittsburgh Symphony https://pittsburghsymphony.org/psos_home/web/extraordinary-measures
- A List of Virtual Performances to Watch During the Corona Virus Shutdown <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- Intermezzo Daily Videos from the Pittsburgh Opera <https://www.pittsburghopera.org/season/free-low-cost-events/intermezzo-videos>

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Page 8 of 8

Retiree blogs – Advice on handling the “corona crisis?”

We all are learning how to handle stress caused by all of this enforced shelter-at-home, not to mention recovering from the lost human interaction, social bonding, and in-person connections we have come to expect in our daily life. The lockdown itself requires a renewed focus on self-care, and the search for alternative ways of physical activity, pursuits to “nourish” our mind to stave off boredom or loneliness, and effective albeit distant interpersonal communications. These “retired gurus” have unique and valuable viewpoints on alleviating the effects of the pandemic.

- **One Happy But Solitary Retiree** by Paul Fox, to be posted on April 16, 2020 at <https://paulfox.blog/>
- **The Stay-at-Home Orders Offer You a Chance to Preview Your Retirement** by Dave Hughes <http://retirefabulously.com/2020/04/03/stay-at-home-orders-offer-you-a-chance-to-preview-your-retirement/>
- **A Perspective on Our Collective Grief** by Kathy Merlino <https://kathysretirementblog.com/>
- **The New Normal** by Jean Potuchek <https://stepintofuture.wordpress.com/2020/04/01/the-new-normal/>
- **Aging Alone in a Pandemic: Social Distancing and Social Isolation** by Jean Potuchek <https://stepintofuture.wordpress.com/2020/03/17/aging-alone-in-a-pandemic-social-distancing-and-social-isolation/>

Can you catch one of our music teacher retirees on the move?

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



What have Ron Wasser (and Diane Wright Wasser) been up to? We heard Ron is still working as Drill Designer for the Lewisburg Area HS Marching Band Marching Dragons.



Looks like a rowdy group, Cristal Sheaffer! We heard someone calls them his "Hershey Peeps!"



Maria Mendoza Salas, Flute
[Venezuela-Mexico]

Wilkes University Civic Band

Dr. Philip Simon, Conductor



Philip Simon remains very busy. Besides playing his bass, last April he conducted the Wilkes University Civic Band in a performance of the American premiere of the Flute Concerto by Eugene Magalif: <https://www.youtube.com/watch?v=O2sXv34VWy8>

Be safe, healthy, happy, and... **engaged in making your own music!**

Happy (indoor?) trails, **retired members!** PKF

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