



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!

## Out of the mouths of babes...

### Students Who Are Funnier in Class Than Their Teachers Ever Expected

<https://www.buzzfeed.com/asiawmclain/teachers-share-hilarious-things-students-said>

Last September, *Buzzfeed* did a series of posts in which teachers shared the funniest thing a student has ever said to them. Retirees probably have *many more* stories...

I was teaching first grade, and I had a student come in at 7 a.m. already looking defeated. I asked her what was wrong, and she said, "My brother had to memorize the Gettysburg Address for homework last night. I could never memorize the Gettysburg address! I don't even know my own address!"

One of my students was hugging me goodbye when he took a deep inhale, smiled up at me lovingly, and said, "Your shirt smells like a grandma, but your armpits smell like Chuck E. Cheese."

On Fridays, preschoolers and kindergartners get their faces painted in the afternoon. Most kids want to be dinosaurs, fairies, or unicorns. One little girl asked to be God.

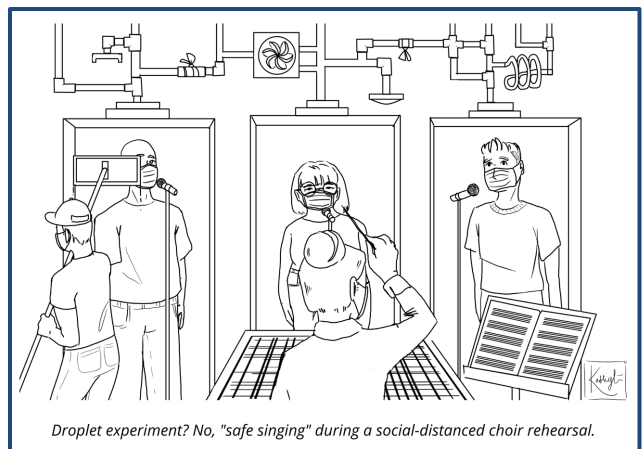
Once, when I worked as a lunch lady, one of my favorite kindergartners was getting ready to run out for recess when I stopped her and said, "Hannah, you should wash your face before you go out. There's spaghetti sauce all over it." She took off anyway, screaming, "It's my warpaint!"

I teach elementary band, and once, we were preparing for a playing test when one student said, "Man, I need to practice." Without missing a beat, the kid next to him said, "My mom says I need Jesus."

I am a band teacher, and one day I gave my students blank sheet music for them to start mapping out some basic compositions. The paper had no notes or symbols. Well, one of my students received his sheet music, thinking it was a new song we'd learn, saw that it was blank, and asked, "Wow, budget cuts must've hit us hard, huh?"

One of my first graders insisted that at his dentist appointment, the dentist put cavities in his teeth.

My sister was in kindergarten when her teacher asked the class what they were allergic to. One kid said, "Peanuts!" My sister said, "People!"



**We Want You...**  
To Renew Your PMEA  
Membership TODAY!

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# PMEA Retired Member Network eNEWS: August 6, 2020

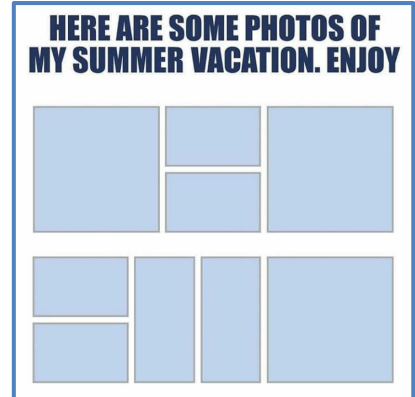
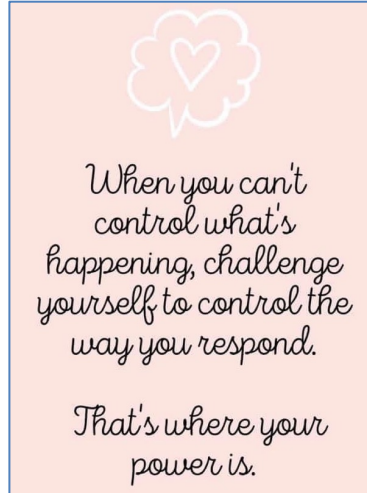
by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

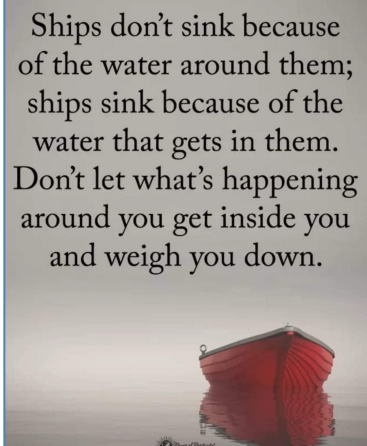
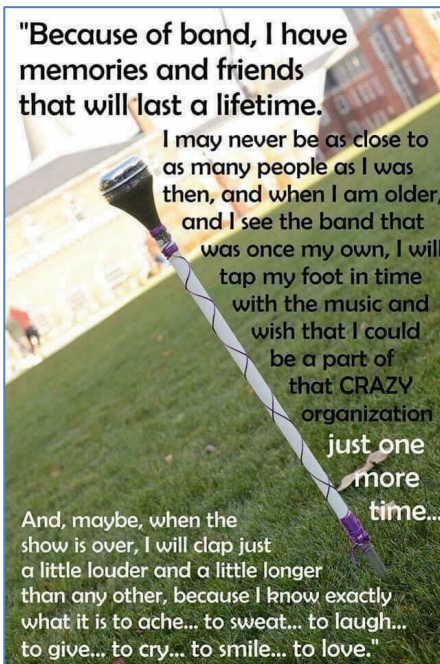
Page 2 of 9

## Inspirations... in words and pictures

from PMEA members and various social media outlets



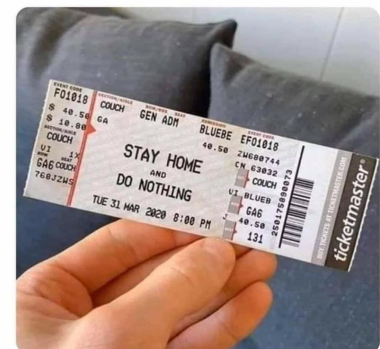
My goldfish are named Major, Minor, Dorian, Lydian and Diminished. The only way I can tell them apart is by their scales.



The sing because they "can!"



Got my ticket for tonight!!



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## This month's "Fox Finds" – What the heck is *latency*?

Can musicians play "in sync" over the Internet? No?

A new program called *Jamulus* may offer some hope. However, even if it works better than FaceTime, Skype, Zoom or other video-conferencing programs, it provides next-to-zero online security or privacy. According to those I hear who have used it, you need to be somewhat technical to install and run it. And, like most of us, it is probably beyond the grasp of *our* generation of "technology immigrants!"

Anyway, singers, chamber music performers, and jazz musicians, check this out:

<https://www.youtube.com/watch?v=Sj6Ij1Oxe1s&fbclid=IwAR2CHeLwYAKqUkpWJkgBGNGVy-fIPmVAbbHdUrzpWyaVQS3v9UOgq1O-wIU>

If interested, here is the product's website to download the open source software:

<http://llcon.sourceforge.net/>.

Instead, why don't we figure out a way to ENJOY the delay? What's that old saying?

*When life gives you lemons, make lemonade!* (attributed to Elbert Hubbard and Dale Carnegie).

Here's a viral video on Facebook of a saxophonist demonstrating his own artistic solution to a "pipeline echo" – an intentional set-up: <https://www.facebook.com/watch/?v=2814374402129385>.

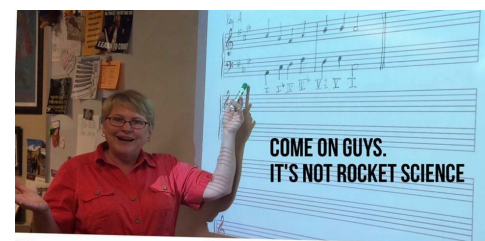
Back in "The Dark Ages" when Mr. & Mrs. Fox attended Carnegie-Mellon University, if the College of Fine Arts practice rooms were all taken, a few courageous musicians might venture into to one of the ceramic tile-lined restrooms... but wow, beware of that incredible SUPER ECHO! Talk about a confidence boost in tone production!

Next month, I will review a "tech hack" that anyone could add to their private teaching. Ever try your hand at writing sight-reading exercises, either for your own musicianship training, or incorporating it in your studio for individual students? I found *PracticeFirst* amazing! Our community/youth orchestra has purchased the entire *MusicFirst Classroom* (for less than \$17/player), and we have integrated it as asynchronous enrichment for our SHJO online academy. More details to follow...

Do you have a "technology tip" to share? Please email:

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## Books for your bedstand

Due to the stay-at-home restrictions brought on by the pandemic, or just lounging at your *secret* fishing hole, babysitting the grandchildren, or enjoying several "lazy afternoons" during your summer vacation, books can be valuable companions. The Foxes do their best to keep Amazon and Barnes & Noble in business with a constant stream of deliveries. You, too?

According to Pew Research (<https://www.pewresearch.org/fact-tank/2015/10/19/slightly-fewer-americans-are-reading-print-books-new-survey-finds/>), the typical American reads about four books a year. Fully one-quarter of Americans surveyed hadn't read even one book! But, research shared by Tom Corley (<https://richhabits.net/one-powerful-habit-that-will-boost-your-intelligence/>) and other sources indicate that 85 percent of *self-made millionaires* read **two or more books per month**.

How about *billionaires* like Bill Gates? Believe-it-or-not, Gates reads 50 books a year, or about one per week. He told TIME magazine that reading books for over an hour a day was a critical ingredient to his success.

"Every book teaches me something new or helps me see things differently." Why? INC. reported these reasons: (<https://www.inc.com/carmin-gallo/bill-gates-other-billionaires-say-this-1-habit-is-secret-to-their-success.html>)

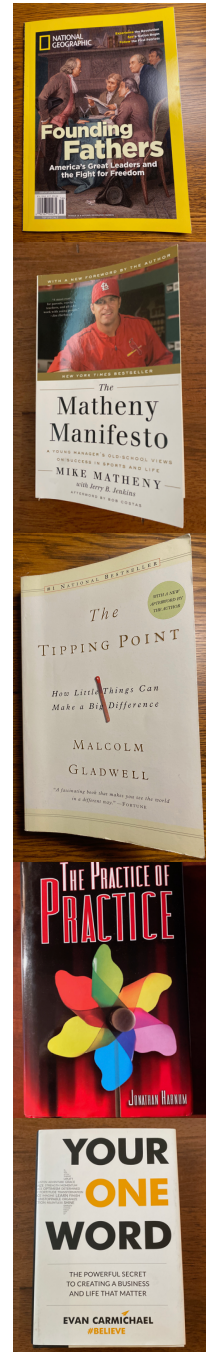
1. Books offer perspective.
2. Books stir the imagination.
3. Books build better communicators.

We are not only talking about the latest releases or the 2020 bestsellers. My July blogpost, <https://paulfox.blog/2020/07/14/leadership-lessons/>, brought out the return of the *Hornblower series* (Napoleonic Wars/historical fiction), as well as two reprints from 2017: *Extreme Ownership - How U.S. Seals Lead & Win* by Jocko Willick and Leif Babin and *Leaders Eat Last - Why Some Teams Pull Together & Others Don't* by Simon Sinek.

So, a peek at our coffee table, bedstand, cubby-hole in the La-Z-Boys, or the shelf in the bathroom might yield these recent discoveries (*see right*).

*Teachers: teach thyself!*

How about you sharing a few of *your own* favorite reads - for fun and personal growth? Email the Retired Member Coordinator with your own recommendations TODAY!







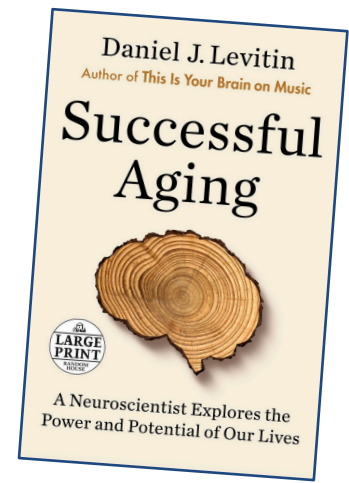
**Book-of-the-month: *Successful Aging* by Daniel J. Levitin**

<https://www.daniellevitin.com/media>

I should have noticed it before I made the purchase! Look at what is says in the small circle on the front cover.

This is the first time I have been quick to order and *not* recognize I was purchasing a Random House "large print" edition. That means, it is more than 9 by 6 inches in dimensions, and at least two inches thick. I may be a senior with glasses, but with 900+ pages, I almost broke my wrist shlepping it up and down the stairs from "puppy heaven" to (ahem) "the reading room."

But, yes, it was worth it! I knew I would not be disappointed in anything written by Daniel Levitin. He's both heavy and "heady!" Besides, who doesn't want to age "successfully" considering the alternative?



"Recent studies show that our decision-making skills improve as we age and that our happiness levels peak at age 82. In this groundbreaking book, Dr. Daniel J Levitin, author of the iconic bestsellers *This Is Your Brain on Music* and *The Organized Mind*, turns his keen insight as to what happens in our brains as we age. Using a rigorous analysis of neuroscientific research, he challenges many of the beliefs that surround aging, including our assumptions about memory loss and our focus on lifespan instead of health span." — Quoted from the back cover:

Levitin makes this claim: No other book intended for a popular audience has been written that covers the intersection of these two distinct scientific fields - developmental neuroscience and individual differences (personality) psychology - to help the reader understand the aging brain and the choices that can be made to maximize the chances of living long, happy, and productive lives.

Totally research-based, a bibliography of this work would encompass more than 50 pages citing more than 800 sources. His own research is focused on music, the brain, health, productivity, and creativity. We "know" Levitin from the publication of more than 300 articles in professional journals and popular media, four *New York Times* bestsellers, and presentations from the floor of Parliament in London to U.S. Congress, Microsoft, Google, and Amazon. He has consulted for a number of companies including Apple, Booz-Allen, Microsoft, the United States Navy, Sonos, Philips, Sony, Fender, and AT&T.



Listen to his TED talk at  
[https://www.ted.com/talks/daniel\\_levitin\\_how\\_to\\_stay\\_calm\\_when\\_you\\_know\\_you\\_ll\\_be\\_stressed](https://www.ted.com/talks/daniel_levitin_how_to_stay_calm_when_you_know_you_ll_be_stressed)





In contrast to last month's feature (*The Joy of Being Retired* by Ernie Zelinski), this one will take you awhile to read... and I was not able to finish all of it prior to deadline. You will be initiated to a lot of new vocabulary words and sip some fresh "alphabet soup," terms such as neuroplasticity, NSAIDs (nonsteroidal anti-inflammatory drugs), APOE (Apolipoprotein E, implicated in Alzheimer's disease and cardiovascular disease), notalgia paresthetica, hyposmia, telomeres, Tac2/NkbB (neurokinin), etc. to name a few.

A "taste" of the table of contents will help you see what is on the book's "menu!"

## Part One: The Continually Developing Brain

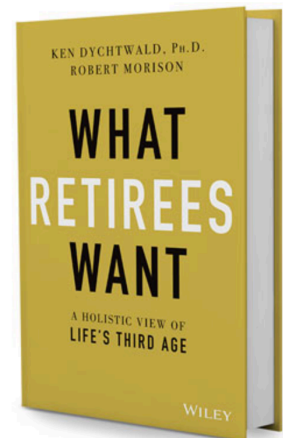
1. Individual Differences and Personality (The search for the magic number)
2. Memory and Your Sense Of "You" (The myth of failing memory)
  - 2.5 Interlude (A brief biography of the brain)
3. Perception (What are bodies tell us about the world)
4. Intelligence (The problem-solving brain)
5. From Emotions to Motivation (Snakes, rickety bridges, Mad Men, and stress)
6. Social Factors (Life with people)
7. Pain (It hurts when I do this)

## Part Two: The Choices We Make

8. The Internal Clock (It's 2 a.m. Why am I hungry?)
9. Diet (Brain food, probiotics, and free radicals)
10. Exercise (Movement matters)
11. Sleep (Memory consolidation, DNA repair, and sleepy hormones)

## Part Three: The New Longevity

12. Living Longer (Telomeres, tardigrades, insulin, and zombie cells)
13. Living Smarter (Cognitive enhancement)
14. Living Better (The greatest days of our lives)



*Next month's book report*

In a nutshell, probably the best advice to "takeaway" from his voluminous thesis is contained in Levitin's Appendix, "Rejuvenating the Brain," a *top-ten list* of prescriptions:

1. Don't retire. Don't stop being engaged with meaningful work.
2. Look forward. Don't look back. (Reminiscing doesn't promote health.)
3. Exercise. Get your heart rate going. Preferable in nature.
4. Embrace a moderated lifestyle with healthy practices.
5. Keep your social circle exciting and new.
6. Spend time with people younger than you.
7. See your doctor regularly, but not obsessively.
8. Don't think of yourself as old (other than taking prudent precautions).
9. Appreciate your cognitive strengths - pattern recognition, crystallized intelligence, wisdom, accumulated knowledge.
10. Promote cognitive health through experiential learning: traveling, spending time with grandchildren, and immersing yourself in new activities and situations. Do new things.

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Page 7 of 9

### **“Music and memories... in motion” – Bet you can’t keep up with a retiree!**

From trolling the Internet, searching social media platforms, and “hearing through the grapevine...”



Klingbeil family photo, circa 2012



Charles & Suzanne Dickinger make a beautiful couple!



Name this “distinguished professor” retired from East Stroudsburg U.

Elizabeth Buzzelli-Clarke



How does Matt Boice's garden grow?



Nancy Beitel-Vessels plays for the Municipal Band of Allentown



E Martin Beech helps a child try out the violin at a 2017 concert of the Kennett Symphony Orchestra

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Page 8 of 9

## For a limited time only

<https://www.pmea.net/pmea-summer-conference/>

Did you miss our first-ever

**PMEA online conference?**

Well, it is not too late to register, pull up an easy chair, and view the keynote speeches, panel discussions, and break-out sessions – all at your own pace from the comfort of your home!

For \$30 (retired members), you will be granted access to 34 hours of “enlightenment!” That’s less than a buck a video! Go to the PMEA website ([link above](https://www.pmea.net/pmea-summer-conference/)), and while you’re at it, **renew your membership today!**



### Monday, July 20, 2020

- 1 p.m. Keynote Session: More Than Music – Helping Our Students Be the Best They Can Be (Clinician: Scott Edgar)
- 2:15 p.m. PMEA Cares – Together We Teach
- 3:30 p.m. PMEA Virtual Social Hour (3-4 Discussion Topics)

### Tuesday, July 21, 2020

- 9:30 a.m. PMEA Mentor Program Training (Hosted by Teri Myers)
- 11 a.m. Google Classroom, Part I (Clinician: Sue Basalik)
- 11 a.m. Social Emotional Learning and Music Education – Now More Than Ever (Clinician: Scott Edgar)
- 1 p.m. I’m Teaching What! Panel Discussion (Hosted by Sister Kathleen Doult)
- 1 p.m. Marching Band Discussion (Hosted by Jeffrey Dent, Justin McAdams, and Christopher Snyder)
- 1 p.m. Teaching Composing Through Distance Learning (Clinician: Travis Weller)
- 2:30 p.m. Finding Music in the Standards – Developing a Standards-Based Sequence of Music Literacy for MS (Clinician: Laura Petravage)
- 2:30 p.m. Google Classroom, Part II (Clinician: Sue Basalik)
- 2:30 p.m. The “In-Crowd” of Ensemble Musicianship (Clinician: Adam Grumble)

### Wednesday, July 22, 2020

- 11 a.m. Social Justice Songs in the Choral Classroom (Clinician: Kyle Zeuch)
- 11 a.m. Teaching Students with Special Needs – Using Music Technology (Clinician: Angela Guerriero)
- 1 p.m. Elementary Chorus – But What CAN We Do? (Clinician: Rachel Pollard)
- 1 p.m. Recognizing the Need – Self-Care for Music Educators (Clinician: Angela Guerriero)
- 1 p.m. What You Can Do Now to Advocate for Your Music Education Program in the Fall & Beyond (Clinicians: Mark Despokat, Mary Luehrsen)
- 2:30 p.m. Don’t Focus on What You Can’t Do – Focus on What You CAN Do! (Clinician: Keith Hodgson)
- 2:30 p.m. Navigating LGBTQ+ Issues in the Music Classroom (Clinician: Nick Holland-Garcia)
- 2:30 p.m. The Summer Before Year One – A Preparation Guide for the First-Year Teacher (Clinicians: John Obringer, John Rodesh)
- 3:45 p.m. Discussions: Implicit Bias, Diversifying Repertoire, Open Forum (Facilitators: M. Despokat, T. Myers, C. Kiver, S. Sheehan, S. Cullens, K. Melago)

### Thursday, July 23, 2020

- 11 a.m. Effective Websites Make Communication Easier – Learning How to Get Your Program Online (Clinicians: Russell McCutcheon, Keith Gromis)
- 11 a.m. Rhythm Renovation Through Basic Bow Technique (Clinician: Jennifer Sacher Wiley)
- 11 a.m. Using What You’ve Got! (Clinician: Becky Burdett)
- 1 p.m. Comprehensive Curriculum – General Music as a Foundation for Success (Clinician: Cassandra Eisenreich)
- 1 p.m. Using the PMEA MCF to Design and Adapt Lesson Plans for Fall 2020 (Clinicians: Scott Sheehan, Teri Myers)
- 1 p.m. Yes, You Can Arrange That for Your Ensemble! (Clinician: John Mlynzszak)
- 2:30 p.m. The 4 Cs – Bringing 21<sup>st</sup> Century Skills into the General Music Classroom (Clinician: Sarah Watts)
- 2:30 p.m. ChoralWorks – Rehearsal Tracks on Your Smartphone for Free (Clinician: Robert Natter)
- 3:45 p.m. PCMEA Meeting (Speaker: Ken Masaki)

### Friday, July 24, 2020

- 1 p.m. How to (Legally) Arrange Pop Music for Band, Chorus, or Orchestra (Clinician: Clifford Hall)
- 1 p.m. Creating and Sustaining an Inclusive Culture in Your Program (Clinicians: J. Neff, G. Eskin, T. Kaufman, D. Knott)
- 2:30 p.m. Closing Keynote (Clinician: Bob Morrison)
- 3:30 p.m. PMEA Virtual Social Hour



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## Safe Summer Vacationing

<https://www.businessinsider.com/safe-vacations-during-covid>

<https://www.inquirer.com/things-to-do/safe-vacations-during-coronavirus-is-it-possible-20200611.html>

<https://www.nytimes.com/2020/07/16/travel/virus-vacation.html>

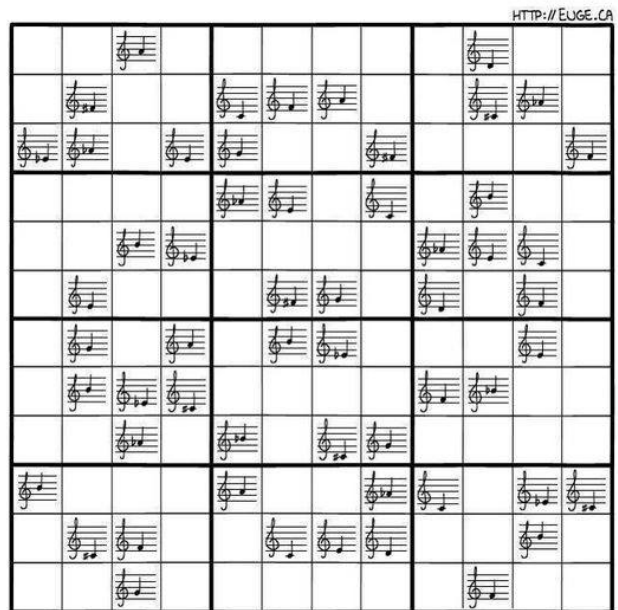
<https://www.washingtonpost.com/travel/tips/heres-what-experts-want-you-know-before-taking-road-trip-during-pandemic/>

While the full-time teachers are frantically preparing for the reopening of schools with plans for online, hybrid, and *in-person teaching with precautions...* some retired members may be getting ready to "vacate the premises" to do some "social-distanced" sightseeing, scenic driving, private camping, remote beachcombing, or just "communing with nature." With COVID-19 still going strong and no vaccinations available yet, experts recommend staying as close to home as possible and (frankly) away from all other people. But, the above sites do offer some insight and ideas to, with care, safely **"get away from it all!"**

1. Book a socially distant hotel stay, or better yet, a private vacation home.
2. Plan a socially distant road trip. But, think ahead to the scheduling of meals and bathroom breaks. (Some restaurants and pullover rest stops may be closed or just too dangerous.)
3. Consider camping somewhere remote. Rent a RV.
4. Pack extra personal protective equipment such as face masks and hand sanitizer and other sanitation gear before you go.
5. Hiking, rafting, swimming, and fishing with your family may be safe options.
6. Try to avoid interacting with any large groups of people. Wide open spaces are a must. (No big cities or events!)
7. Check the local coronavirus statistics for the destination — like the number of cases — before you go.
8. Look up any travel restrictions. Many places enforce strict self-quarantined requirements.

## We always enjoy hearing from YOU!

Please send news, updates, articles, your own puzzles, or tips on retirement for eNEWS, as well as photos of hobbies, encore careers, trips, music happenings, family/pet moments, or anniversaries to [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).



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*Euge*

Happy Trails, Retired Members! PKF

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