



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!

Happy teacher stories

<https://teacherstories.org/>

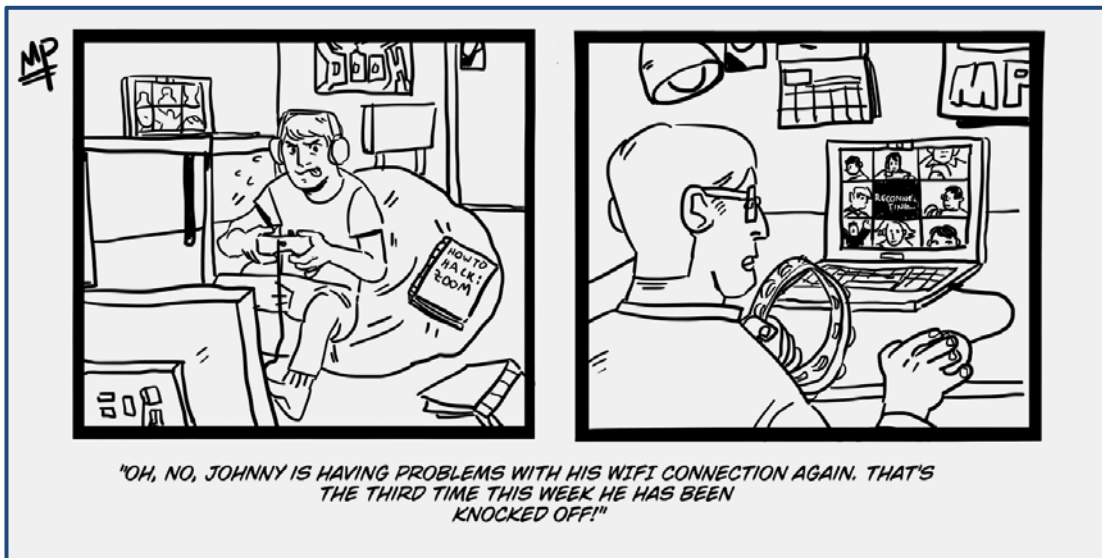
We always try to start off with something cheery... amidst all of the "noise in the news" about the coronavirus or backbiting political campaigns, the slow re-opening of the schools, and restrictions placed on live rehearsals and performances of music ensembles! Take a deep breath... and check out these uplifting links which should make you smile:

- Podcasts of teaching during the pandemic: https://teacherstories.org/podcasts?keys=&field_cetegories_value=19
- How a band teacher influenced a civil engineer: <https://teacherstories.org/teacher-stories/jennifer-vides-and-romeo-vera-how-band-teacher-influenced-civil-engineer>
- A drama teacher inspires a future opera singer: <https://teacherstories.org/teacher-stories/drama-teacher-helps-efrain-solis-find-his-voice>
- Podcasts of "Black Lives (and Teachers) Matter" movement: https://teacherstories.org/podcasts?keys=&field_cetegories_value=20

Can you actually joke about the pandemic? Four more for this month...

<https://www.fatherly.com/play/best-coronavirus-jokes/>

- Why do they call it the novel coronavirus? It's a long story!
- There are so many coronavirus jokes out there! It's a "pundemic!"
- What should you do if you don't understand a coronavirus joke? Be patient.
- If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of "quaranteens."



Created by senior art student from Upper St. Clair HS Manjiri Palayekar

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Punny pics

How do you cope with COVID-19? The Indian Hills Community of Colorado put up "punderful road signs to make passersby's smile!" The man behind the jokes is Vince Rozmiarek, native and volunteer at the community center. Check out the entire collection here: <https://www.facebook.com/IndianHillsCommunitySign/> <https://mymodernmet.com/funny-puns-signs-indian-hills-community-center/>



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This month's "Fox Finds" – MuseScore, Noteflight, and the latest Zoom hacks

For my entire career, I used the comprehensive, complex (and sometimes confusing) stand-alone notation program *Finale* to create and edit sheet music manuscripts of my compositions, excerpts, arrangements, scales and exercises, etc. To help students master the art of transposition and deal with the occasional lacking instrumentation for pit orchestra scores, we learned how to scan and create PDFs of music and export/translate them into a sax replacement of a missing viola part or substitute something else for the horn 2 book. Now there are "share and compare" communities with web-based software - empowering your studio/school students to explore their own solutions and make their own music.



Noteflight is an online music writing application that lets you create, view, print and hear professional quality music notation right in your web browser. It is a part of the *MusicFirst Classroom* package or you can sign-up for the free-trial offer or purchase one of the premium versions of *Noteflight*.

(See different *Noteflight* plans!) →

Teachers and students alike can participate in open forums and view scores shared with the entire *Noteflight* community. The customizable menus (score, edit, duration, rhythm, pitch, tempo, etc.) are intuitive and had a "quick and easy" learning curve. (Yes, I tested it firsthand!)

Noteflight Basic	Noteflight Premium	Noteflight Learn
Free forever	\$7.95 / Month, \$49 / Year, \$299 / Lifetime	\$69 / Quote or Purchase
Sign up for free	Buy Premium	Quote or Purchase
<p>Create up to 10 scores; purchase unlimited scores.</p> <p>With Noteflight Basic you can...</p> <ul style="list-style-type: none"> Write music anywhere, anytime. Purchase unlimited scores on Noteflight Marketplace. Share your scores publicly. Print entire scores. Create and listen on computers and mobile devices. Import and export MusicXML and MIDI. Connect with musicians, composers and arrangers. View and join groups. 	<p>Create, purchase and sell unlimited scores.</p> <p>All the basics, plus...</p> <ul style="list-style-type: none"> Create an unlimited number of scores. Sell your music on Noteflight Marketplace. Use more than 85 high-quality instruments. Print parts, including transposition. Record live audio into scores to hear during playback. Independent part formatting. Adjust audio levels and reverb. Transcribe notation in real time from MIDI instruments. Create and moderate up to 3 groups. Privately share your scores. Quick-start scores from popular templates. Organize your scores into collections. Choose your score font. Color or hide notes, symbols and staves. 	<p>A private website built for music education.</p> <p>All features of your own private website:</p> <ul style="list-style-type: none"> Use a secure, COPPA-compliant school community. Enjoy all premium notation features. Create and organize unlimited classes and groups. Create lessons using activity templates. Access over 500 included lessons and scores. Purchase Content Libraries of published music. Sync with Google Classroom classes and assignments. Integrate with Learning Management Systems via the LTI standard.
Sign up for free	Buy Premium	Quote or Purchase

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Another interesting app worth looking into is *MuseScore*, which also allows for composing, arranging, printing, playing, and up- or downloading music. *MuseScore* software is open/free-sourced and everything on musescore.org is unrestricted. However, downloading music from musescore.com is not free anymore due copyright issues. (Artists now receive royalties for their creative content.) Separate from these, there is a website for sharing scores called msuescore.com. It provides some features free to all, others require an account - with both paid and complimentary versions of the annual subscription.



For my community/youth orchestra's online academy now underway, I combined the use of both the *MuseScore* community of freelancers and *Noteflight*. We search for several unusual arrangements in *MuseScore* (like a version of the "Bach Fugue in g minor" or the "Fun Duet for Piccolo and Tuba"), downloaded them as music xml files, and uploaded them into *Noteflight*. Through an exploration of the "menus and methods" in *Noteflight*, the players were able to arrange, print, play, and record for their own instrument.

To "get your feet wet" and for more information, I recommend viewing the excellent website of *Learning MuseScore* at <https://musescore.org/en/handbook/learning-musescore> and the myriad of YouTube videos on *Noteflight* beginning at <https://youtu.be/eZ3yHvFhH-k>.

Something just for fun... but don't show to your students!

When my wife and I started doing Zoom meetings and virtual rehearsals with our orchestra members and private students, we never realized you had to deliver a full lesson on "online etiquette!" I can only imagine what our full-time colleagues are going through trying to "engage" their students via remote learning classrooms. There even seems to be a counterculture of people suggesting how to "fake" Zoom meetings, pretending they have connectivity issues (see cartoon on page one), or hacking communications. Did you know there's a new app that allows you to interrupt your virtual meeting by simulating poor connection to the Internet? If you seek a little amusement (or unorthodox ways to deal with boring online "family get-togethers"), check these out:



- <https://mashable.com/article/zoom-memes/>
- <https://dzoom.app/>
- <https://www.news18.com/news/buzz/students-have-found-a-newhack-to-get-out-of-their-zoom-classes-2617961.html>

Do you have a "technology tip" to share? Please email: paulkfox.usc@gmail.com

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What's up at paulfox.blog

As most of you know, writing is my passion. Having a WordPress website has given me the venue and location to archive my work. It provides a "safe zone" to share topics about music education, retirement, creativity, ethics, and numerous "pet peeves" inspired from 47+ years in the profession. *(Sorry for this blatant self-promotion!)*

YOU, my retiree "friends," are welcome to peruse and even contribute to this forum. We have been blessed with the insight of PMEA retired member but still very active educator Richard Victor (<https://paulfox.blog/2020/06/07/the-future-of-music-education/>), and Colonel (retired) Thomas H. Palmatier, former leader and commander of the U.S. Army Band "Pershing's Own" (<https://paulfox.blog/2019/08/29/now-what/>). The current post comes from the other side of the world, a guest-blog by self-taught visual artist, therapist, workshop presenter, and full-time professional painter from Mumbai, India:

"Psychology of Music" by Trishna Patnaik: <https://paulfox.blog/2020/09/20/psychology-of-music/>.

Do you have a pet? Our next feature story planned for release in three or four weeks is *Pets & Retirees - Part 3* in a series about our love and enjoyment of the many benefits of owning these "furry friends." We are looking for photos of PMEA cats, dogs, fish, gerbils, guinea pigs, hamsters, horses, rabbits, etc. - the "other" family members for which you are happy to care while "living your dreams" in post-employment.

Email their names and pics by **October 10, 2020** to paulkfox.usc@gmail.com. (This gives me another chance to ➡ show off my bichon-frise "Gracie" and yorkie-poo "Brewster!")



Have you heard about the NRTA?

<https://www.aarp.org/about-aarp/nrta/>

Formerly known as the National Retired Teachers Association, NRTA/AARP's Educator Community is America's leading national organization representing the interests of more than 850,000 educators age 50+. With a network of state-based Retired Educators Associations (REAs) across the nation, NRTA provides programs in three key areas: community service, financial security and leadership. The NRTA supports the work of the National Institute on Retirement Security (NIRS), a research and education not-for-profit organization in Washington, DC.



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Book-of-the-month: *Life Is in the Transitions*

by Bruce Feiler

<https://www.brucefeiler.com/books-articles/life-is-in-the-transitions/>

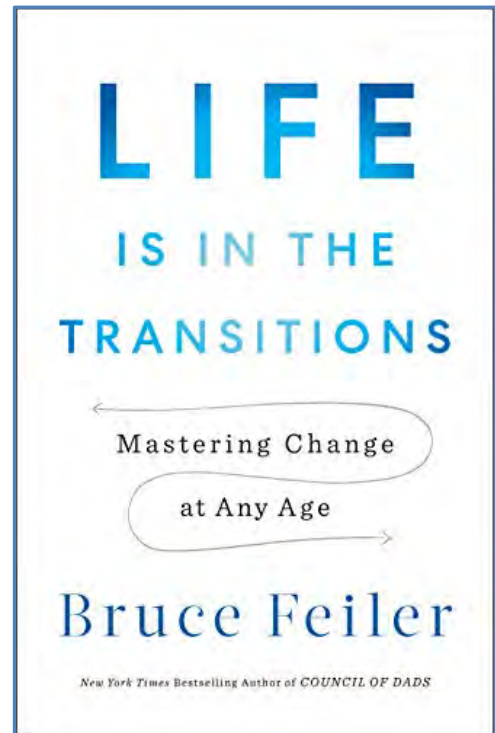
Every now and again a book comes along that you wish you had the inspiration or knowledge to have written, like *Life Is in the Transitions - Mastering Change at Any Age* by Bruce Feiler (Penguin Press 2020)

The description printed on the front flap probably best defines the author's history, motivation, mission, and approach for the book:

Bruce Feiler, author of the New York Times bestsellers The Secrets of Happy Families and Council of Dads, has long explored the stories that give our lives meaning. Galvanized by a personal crisis, he spent the last few years crisscrossing the country, collecting hundreds of life stories in all 50 states from Americans who'd been through major life changes - from losing jobs to losing love ones; from changing careers to changing relationships; from getting sober to getting healthy to simply looking for a fresh start. He then spent a year coding these stories, identifying patterns and takeaways that can help all of us survive and thrive in times of change.

What Feiler discovered was a world in which transitions are becoming more plentiful and mastering the skills to manage them is more urgent for all of us. The idea that we will have one job, one relationship, one source of happiness is hopelessly outdated. We all feel unnerved by this upheaval. We're concerned that our lives are not what we expected, that we've veered off course, living life out of order. But we're not alone.

Life is in the transitions introduces the fresh, illuminating vision of the nonlinear life, in which each of us faces dozens of disruptors. One in ten of those becomes what Feiler calls a lifequake, a massive change that leads to a life transition. The average length of these transitions is five years. The upshot: we all spent half of our lives in this unsettled state. You or someone you know is going through one now.



My perspective? This couldn't be more appropriate wisdom for all of us to consume and consider during this "time of the pandemic!" Just because we have retired or soon plan to leave the stress of our full-time job does not mean we are not facing many of these challenges, similar to those I recall were discussed by another author, Gail Sheehy in *Passages*, defined as "predictable crises of adult life."

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Feiler's "table of contents" provides a good glimpse of his content:

INTRODUCTION: *The Life Story Project - What Happens When Our Fairy Tales Go Awry*

I. THE SHAPE OF YOUR LIFE

1. Farewell to the Linear Life - The End of Predictability
2. Embracing the Nonlinear Life - What It Means to Live Life Out of Order
3. Lifequakes - What Happens When the Big One Hits
4. The ABC's of Meaning - What Shape Is Your Life?
5. Shape-Shifting - How We Make Meaning in Times of Change
6. Learning to Dance in the Rain - A New Model for Life Transitions

II. RESHAPING YOUR LIFE

7. Accept It - Identify Your Emotions
8. Mark It - Ritual the Change
9. Shed It - Give Up Old Mind-Sets
10. Create It - Try New Things
11. Share It - Seek Wisdom from Others
12. Launch It - Unveil Your New Self
13. Tell It - Compose a Fresh Story

Author Bruce Feiler
on Facebook



CONCLUSION: *In Between Dreams - The Secrets of Successful Transitions*

Lots of rave reviews have been rolling in, including a few of these on his back cover:

"This is a remarkably poignant read about the pivotal moments in our lives. Bruce Feiler gets to the heart of how turning points shape us - and how we shape them. The wisdom and the stories in this book will change the way you tell your own story." — Adam Grant

"Crammed with cutting-edge research and compelling real-world examples, *Life Is in the Transitions* provides a framework of striking originality that explodes with thought-provoking insights... and it's one of the rare books that is a pleasure to read in the moment and impossible to forget once you finish the last page." — Gretchen Rubin

"I don't know what's more astonishing, the range of stories Bruce Feiler has found in asking people about their lives, or the wisdom he extracts from them. There is no more powerful reminder that the stories we inherit define success - and that definition constantly needs updating." — Charles Duhigg

"Bruce Feiler has a real knack for helping us see what it's not obvious but is right in front of our eyes. In this clear, terrifically compelling book, full of instructive examples, he names and describes the 'lifequake' personal transitions that affect so many of us today and offers genuine wisdom, valuable counsel, and moving inspiration that make the journey easier."

— William Ury

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A blur of retirees in action... Can you keep up with them?

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



Our vote for the future cover of *PMEA News*! Thanks for the beautiful sunset scene over the bay in Ocean City, Judy Neidhardt!!



On a train, Cathie Reefer? Where are you going?



Michelle Fella Przybylowski has recently celebrated a birthday... Is it today?




Can you find Brendan Hartz in this photo?



Sorry for the coin shortage. I started a swear jar last a last month.



Happy 52nd Anniversary, O Richard and Chris Bundy! Also, when was the release of this "famous" album? 

 A repost from J. Howard Baxter



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Five ways to help PMEA in the coming year...

1. Renew your retired membership promptly. Your discounted fee helps to fund needed PMEA programs, and due to COVID-19, the budget is very tight right now!
2. Volunteer time on a PMEA committee... from which there are many to choose:
 - a. Advocacy "voice" and contributor to promote PMEA and PA music education programs
 - b. Appointment or election to a PMEA District or State office or council
 - c. Audition ranking committee member
 - d. Conference session/performing group evaluator
 - e. Consultant on the Retiree Resource Registry
 - f. Council for Teacher Training, Recruitment, and Retention advisor
 - g. Guest presenter or panelist for local workshop or state conference
 - h. Mentor for the PMEA Mentoring Program
 - i. Mock interviewer for PCMEA members.
3. Write an article for *PMEA News* or the *Retired Member Network eNEWS*.
4. Send in an action photo of a PMEA retired member for one of the above publications.
5. Serve as researcher or typist to revise/expand/update catalogs of:
 - a. Amateur/community band, choral, orchestra, and theater group listings
 - b. Collections of Virtual Performances of PMEA members and PA ensembles
 - c. Compositions of PMEA members
 - d. Council for Teacher Training, Recruitment, and Retention library of supplemental materials
 - e. PMEA Toolbox of digital or remote learning teaching resources.

Contact your PMEA retired member coordinator to "steer you" towards one of these projects!

Please keep in touch!

Happy Trails, Retired Members! PKF

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Posted by Scott Sheehan on "Upbeat Leaders" Facebook group who said to add "Communicate!"

