



PMEA Retired Member Network **eNEWS**: April 1, 2021

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

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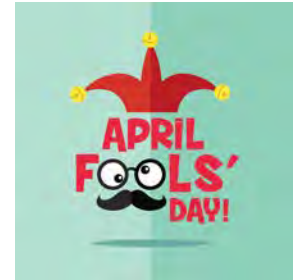
Welcome to the latest edition of **eNEWS** – the **PMEA Retired Member Network**... an informal alliance and forum for interconnecting retired **and retiring** music educators, sharing their ideas, stories, successes, news, and views. Thanks for staying involved!

“Harmless” (?) April Fool’s Day pranks!

<https://bestlifeonline.com/harmless-april-fools-pranks/>

These are unlikely to seem “harmless” to your “victims” on April 1st. Read the online article for the full descriptions of 48 of the worst (best?) gags... but, whatever you do, don't credit the retired member coordinator as your source....

1. **Car-monica** (duct tape a harmonic under the front bumper of a friend's car)
3. **Re-Arranged Kitchen Drawers** (don't warn your loved ones)
4. **Caramel Onions** (imagine sinking your teeth into one of these)
17. **A Fridge Full of Googly Eyes** (place them on all of your food to stare back your family)
20. **Krispy Kreme Veggies** (the box says donuts, but instead we find raw broccoli and radishes inside!)
21. **Tape Over the Sensor** (temporarily block the signal on a TV remote or mouse)
26. **Bubble Wrap Under a Rug** (what is that noise?)
27. **Frozen Breakfast in Bed** (what happens when you place their milk and cereal in the freezer overnight?)
37. **Push, Don't Pull** (switch the signs on an entrance door)
44. **Bake Some Brownies** (but when they uncover the tinfoil, they find letter cut-outs of brown letter “E's”)
47. **“Slash” the Tires** (if you are good actor, tell your friend, “all four of your tires are slashed,” and he/she runs out to find photos of the famous Guns N' Roses' guitarist *Slash* taped to the tires)
48. **Toothpaste Oreos** (who can resist “stealing” one of your cookies, until they find out you swapped the filling with toothpaste!)



A few “groaners” for the month of April – safe for the grandkids

<https://funkidsjokes.com/april-jokes/>

Q: When do gorillas fall from the sky?

A: During Ape-ril showers.

Q: Can February March?

A: No, but April May.

Q: Why is April so popular for using a trampoline?

A: It's Spring-time!

Q: Which April flowers grow on faces?

A: Tulips (2 lips).

Q: What did the tree say when April began?

A: What a re-leaf.

Q: What's the biggest difference between Thanksgiving and April Fool's Day?

A: On one you're thankful but on the other you're prankful.

Q: When does April come before January?

A: In the dictionary!

Q: What do you say when it's raining chickens and ducks in April?

A: FOUL spring weather.



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'Tis the season for the Annual PMEA Conference – April 14-17, 2021

"The 2021 Conference, sporting the theme *Renew*, invites music educators to use this time together to *Renew* the way you think about music education, to *Renew* plans for the 2021-22 school year, to *Renew* connections with fellow music educators, to *Renew* our hope for a return to making music together, and to *Renew* our collective passion for the power of music education."

Watch this video: <https://youtu.be/12T8cAU4Z-U>

Are you coming? No, you don't have to leave your house! This year, we return to the virtual environment for the annual spring conference, with lots to see - new solutions and "the latest and greatest" in the field of music education. Join your colleagues online. Visit with the exhibitors. View the workshops "live" or "on-demand!" You will have access to every session for 90-days. The best part? **It's only \$10 for PMEA retired members!** (The fee goes up to a whopping \$15 after April 1st. No foolin'.)

A couple early-bird sessions to advertise... (I just happen to know the clinician! PKF)



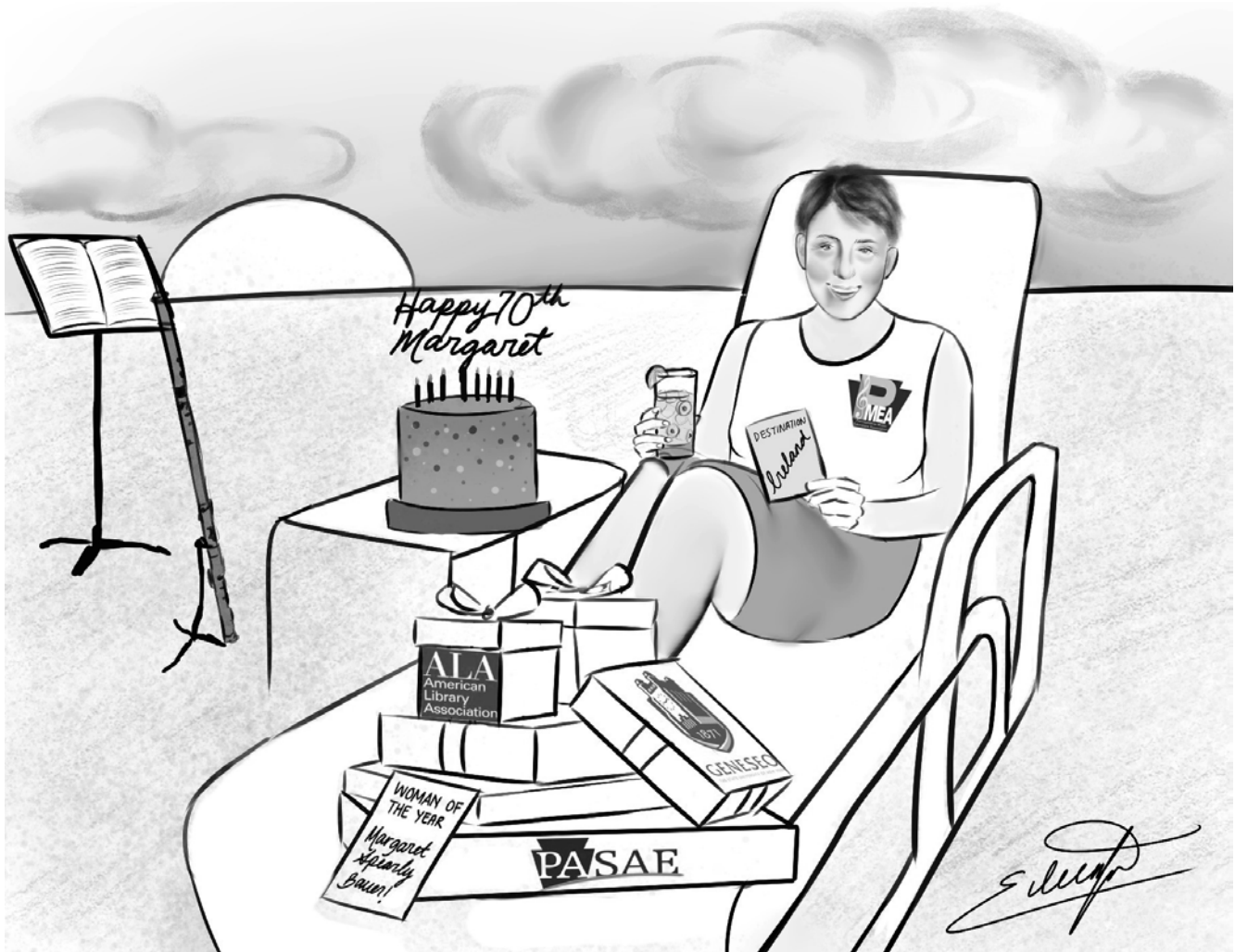
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Cartoon-of-the-month

Celebrating a special day in the life of our PMEA Executive Director Emerita - a retiree extraordinaire
by Eileen Guo, Class of 2021, Upper St. Clair High School



Happy Birthday, Margaret Bauer!

Doesn't everyone bring their bassoon to the beach?

Wanted: Volunteers to serve as moderators for the Annual Conference

PMEA is looking for a few "virtual chairs" to introduce a session or two during the Annual Spring Conference on April 14-17, 2021.

If you are willing to help, please send an email to paulkfox.usc@gmail.com or abiyoung@pmea.net as soon as possible.

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This month's "Fox Finds" – Online warm-ups and flex arrangements

Until I had to find music for my online academy, I never knew the existence of "flex arrangements."

What do you do when you are trying to put together a virtual ensemble with the unique instrumentation of 2 flutes, 1 oboe, a violist who cannot read treble clef, an alto sax, a bass clarinet, two trumpets, one horn, a cello... and if you're lucky, one set drummer?

When COVID came in and "crushed" our in-person rehearsals of the community youth orchestra my wife and I conduct on Saturdays, we did the "pandemic pivot..." and formed an online music academy. After subscribing to the outstanding suite of MusicFirst Classroom software, we started hosting a series of virtual lessons, sectionals, rehearsals, and special interest seminars. The players who stayed with us already had one season's worth of music (Spring/Fall 2020), and we added digital copies to what would become their next folder (Winter/Spring 2021) which we plan to hand sheet music to them once we were allowed back for in-person *real* practices. Since we were not able to achieve "perfect orchestration" with our small digital ensemble, we chose a few "flexible options" to introduce music that allowed for the differentiation of our wide variety of age, grade, and skill levels, taking care of odd balances of string and band personnel. (By the way, the above instrumentation was fictional!)

One of my first "life-savers" was John McAllister. He has posted a large collection of free or low-cost media on his website (check it out here: <https://www.johnmcallisttermusic.com/>) and also promoted a library of complimentary band warm-ups (including his "cinematic series" <https://www.johnmcallisttermusic.com/cinematic-series.html>) which I have been happy to utilize in our woodwind/brass sectionals. This led me to SheetMusicPlus and other publishers to do a lot more research on finding new releases of flex arrangements for the orchestra. Many of these sources offer video "play-alongs" or mp3 accompaniments to incorporate into virtual rehearsals. For my band sectionals, I introduced these easy exercises:

- Ultimate Warmup <https://youtu.be/B4uf5APEvoE>
- Cinematic Long Tones - The Hero Rises <https://youtu.be/IgkCyWSVJnM>
- Floating Slurs <https://youtu.be/QJyZaJsM6GM>
- Foundation Warm-ups <https://youtu.be/8XMF0Ov2h6w>

This "virtual environment" has galvanized me to fire up my copy of *Finale* and create my own arrangements, now to be scored as Treble C, Bb, Eb, F, Alto Clef, and Bass C parts.



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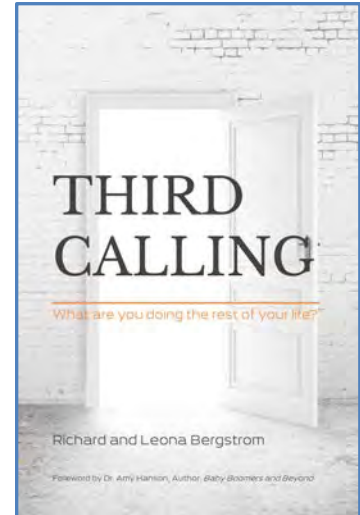


Book-of-the-month: *Third Calling – What Are You Doing the Rest of Your Life?*

by Richard and Leona Bergstrom: <https://re-ignite.net/third-calling/>

For this issue's featured review, how about a "down-to-earth" guide for people seeking to marry purpose and impact in the 'third third' of their lives? The Bergstroms understand and share the desire to make a positive difference in their communities: this book is their contribution to an important, ongoing dialogue." — Marc Freedman, CEO/Founder, Encore.org.

Co-authors Richard and Leona Bergstrom are founders and directors of Re-Ignite, a ministry focused on helping Boomers live intentionally with meaning and purpose. The book draws from their own experiences as well as from the lives of others. *Third Calling* "offers practical steps to help you re-ignite dreams and unleash new possibilities."



A glimpse of their intriguing Table of Contents:

PART ONE: YOUR THIRD CALLING

1. Popping the Question
2. Following the Call
3. Knowing Your Purpose
4. Stepping into Your Story
5. Pursuing Your Passion
6. Awakening Your Dreams

PART TWO: YOU WERE MEANT FOR THIS

7. Clarifying Your Values
8. Discovering Your Design
9. Cultivating Your Creativity
10. Unleashing Your Inner Entrepreneur

PART THREE: EMBRACE THE JOURNEY

11. Hearing the One Who Calls
12. Exploring New Worlds
13. Taking the Leap
14. Navigating White Waters
15. Developing Your Plan
16. Enlisting Your Team
17. Finding Your Voice
18. Swimming Against the Stream
19. Living A Legacy

A couple highlights in my reading of this publication:

Chapter 3 "by Richard" couldn't frame "the big question" any better: "Who are you and why are you here?" Defining your life's true purpose is the central theme of the entire book, which starts with first recognizing what makes you unique, determining what events, environments, and people have impacted who you are, and reflecting on where you are going in this next phase of your life.





Chapter 5 "by Leona" dives into ways to discover your "passions" and a roadmap for future "service" with questions like:

- How would you distribute a gift of \$1 million if it had to be given away or designated for a cause, issue, or problem?
- What makes your blood boil?
- What makes you cry?
- What makes you slam your fist on the table and say, "Someone should do something about this?"
- Whom were you meant to serve?

Personally, I've always felt that music education was my "calling," and it still is. With five decades of trying to "make a difference" in the teaching of creative self-expression to students of all ages, I would say that this remains a "life mission." This chapter really puts all of this in focus, and although now retired from the 24/7 job, my core values and purpose have not changed all that much. Many of us need to come to their own epiphany on "third calling," and find the clarity and motivation to get out of bed every morning.

I was very motivated by chapter seven's emphasis on personal values and their effect on the foundation for determining new directions in retirement. What really matters to you? When in your life were you most happy? Why? When did you feel most fulfilled? How do you want to influence (or be influenced by) others in the future?

Finally, probably one of the best summaries I've ever read about clarifying your commitment to and development of your "master plan" is in chapter 15. Richard embraces the culmination of these fundamental elements of purpose:

- Core values
- Personality
- Strengths
- Motivations
- Gifting
- Passions
- Legacy

I maintain that even though most of us have been retired for more than a few years (aren't we already experts in this?), books like *Third Calling* can inspire a fresh perspective with tangible and practical advice towards fostering new personal growth, finding happiness, and achieving self-realization in our post-employment years.



For more insight on the authors' viewpoints and their work in Re-Ignite, view this free webinar:
<https://youtu.be/pG6ha2xvNzg>





Trolling the Internet...

“To Achieve Your Ideal Retirement, Are You Willing to Change?”

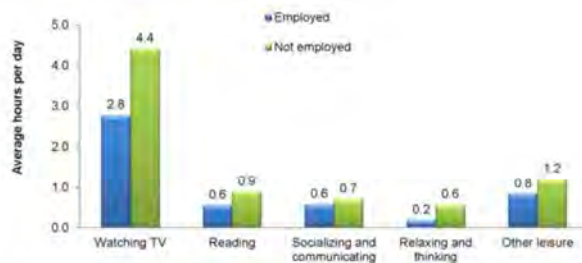
by Dave Hughes <https://retirefabulously.com/to-achieve-your-ideal-retirement-are-you-willing-to-change/>

Do you possess any “bad habits” or traits that you (and your spouse) absolutely hate? How many hours a day do you watch TV? Did you satisfy any New Year's Resolutions? Have you made “to-do” promises in your retirement but seldom seem to get around to fulfilling them? What are your latest procrastinations? What are you waiting for?

Well, I may have found someone who could provide few answers to all this “lethargy.” We were proud to host retirement author and guest clinician Dave Hughes at the PMEA/NAfME Eastern Division Conference two years ago in Pittsburgh! Thankfully, he continues to sponsor a blogsite of great alacrity and insight: <https://retirefabulously.com/>.

Dave's article for March 2021 caught my eye, especially when he shared and explained these graphics from the U.S. Bureau of Labor Statistics.

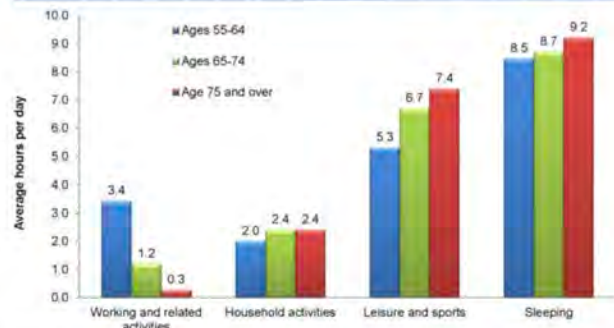
Leisure time of individuals age 65 and over: employed vs. not employed



NOTE: Data include all days of the week and are annual averages for 2013. Other leisure includes travel related to leisure.

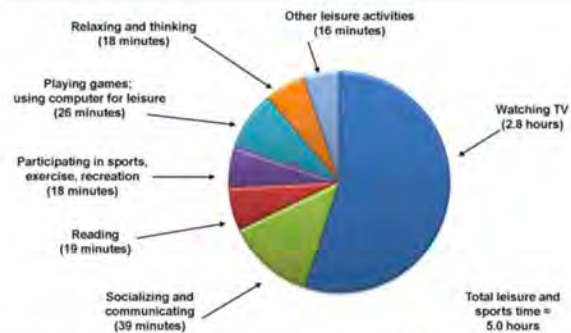
SOURCE: Bureau of Labor Statistics, American Time Use Survey

Hours per day that individuals age 55 and over spent doing selected activities



NOTE: Data include all days of the week and are averages for 2009-13.

Leisure time on an average day



NOTE: Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2013.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

Quotes from Dave Hughes:

- The truth is you are a creature of habit. A lot of those habits have been ingrained in you for most of your life.
- What will it take to get you started on the path towards the ideal retirement you envision?
- Simply put, it takes change. By changing nothing, nothing changes.

You have to read his entire piece....

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Advice column... from our retiree “experts!”

by Joyce Gerstenlauer <https://www.quora.com/profile/Joyce-Gerstenlauer>

What advice would you give your parent who just retired, lives alone, and doesn't know what to do with the rest of their life?

Make a daily schedule of what you will be doing. Start simple and give times for things to be done.

- 8:00 a.m. — Breakfast
- 8:35 — To the Gym (or Zumba or Pilates, etc.) then maybe...
- 10:00 — Home to shower and do nails
- 11:00 — Watch two TV show you like
- 12:30 — Lunch, outside with pretty cup & plate
- Nap? and so on for the day.



Include things like a weekly visit to an older person, library to be an assistant, to help your children, or other places to volunteer. I retired 2 years ago [now 6 years] and still have a part-time job. But I feel the most satisfied when I have a written schedule or list of things I want to do each day or week.

From AARP... “Ten More Tips to Protect Your Finances”

<https://www.aarp.org/money/scams-fraud/info-2018/protect-checking-savings-accounts.html>

<https://www.aarp.org/money/scams-fraud/info-2020/new-years-scam-resolutions.html>

<https://www.aarp.org/money/scams-fraud/info-2019/guide-to-preventing-fraud.html>



1. Never give a stranger remote access to your computer.
2. Require two-step authentication to access your accounts.
3. Make sure your anti-virus and anti-malware software programs are up to date.
4. Regularly perform software updates on your computer, tablet, and smartphone.
5. If available, set-up your smartphone to remain locked until you provide biometric data such as a fingerprint or facial scan.
6. Take the initiative by talking to your banks, credit card companies, and investment firms inquiring what additional security measures they would recommend for your digital accounts.
7. Record your mobile device sign-on information and store it somewhere safe, just in case your phone is lost or stolen, or if you have to wipe the device.
8. Periodically check the “last log-in” time stamp on websites you frequent to see if the stated times match your activity.
9. When wanting to contact a customer service representative, initiate the call yourself using a phone number you know is legit e.g., one from a billing statement.
10. If you ever receive an email or text directing you to log on to a financial account to confirm a transaction, ignore it. Instead, bookmark your financial websites and log on through a secure, trusted website. And *never* click on an unsolicited link!

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Heard through the “vintage” grapevine...

To the tune of “What’s the buzz, tell me what’s a-happening...” from *Jesus Christ Superstar*



A little nostalgia from Reading, PA: 10 years ago, Cedric Elmer arranged “La Guachinango” and accompanied his student Ashley Huynh in a recital of this two-piano arrangement composed by Chester Wittell (featured in this video https://youtu.be/FQWQOE_iYwQ). Cedric and his wife Lynda (also a Reading High School graduate) moved to Leisure World, California, where he says, “Need I tell you about the weather? We are both in good health and enjoying our “golden years” snow/ice free!”

The always-photogenic
Marc and Sandra Tourre



Oh, oh! What has she done now? Beverly Schmidt on
St. Patrick's Day 2021, Ireland 2016, and with grandkids 2019.

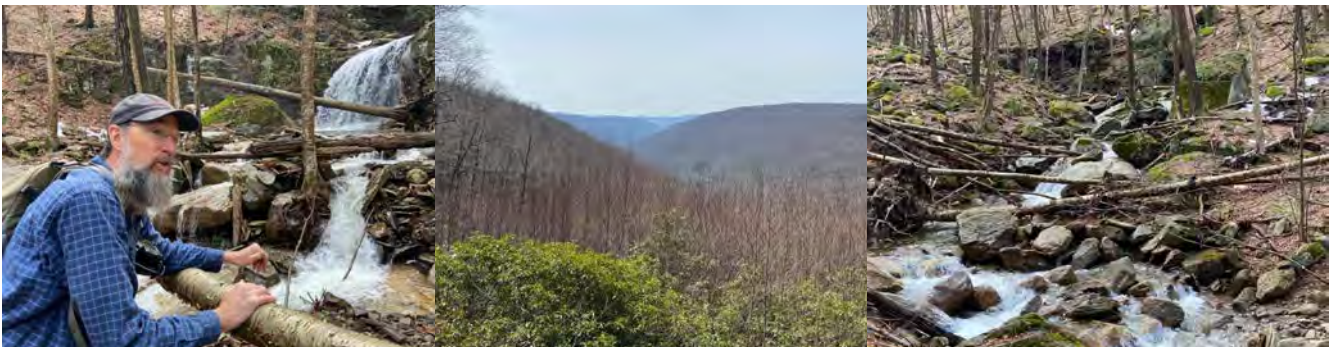


Louise Victor
Audio Descriptor and Group Coordinator,
Sight-Loss Support Group of Central PA

Since 2017, Louise Victor has worked for the Sight-Loss Support Group of Central PA, the first audio describer group in Pennsylvania. As both a board member and the coordinator for the audio describers program, Louise accompanies and describes scenes and events to the visually impaired. A Boalsburg resident of 47 years, Louise always knew she wanted to help blind individuals, and she takes pride in educating others about the role of audio describers. Louise says her prior experience as a Bellefonte High School music teacher, where she became comfortable speaking into a mic, helps her do just that.

Sponsored by Stephen D. Barkin

Rich Victor bragging about Louise
on his Facebook page



Rick Coulter exploring the Rock Run Valley, “up Doe Run to Old Logger’s path and then down to Rock Run. Fascinating water and the first signs of spring...”

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What's next on Mr. Fox's reading list?

- For the May 2021 retirement book review: *What Will I Do All Day?* (a very little book of "Wisdom to Get You Over Retirement and on with Living") by Patrice Jenkins.
- For self-care, Lesley Moffat's latest, *Love the Job, Lose the Stress*, even though we retirees are no longer "chained" to a full-time position; we do experience stress at times!
- Almost finished rereading the novel *The Good Shepherd* by C. S. Forester, a WWII naval thriller, the basis for my favorite Apple-TV movie *Greyhound* starring Tom Hanks.
- Must-purchase for all parents, grandparents, and teachers: *Thrivers - The Surprising Reasons Why Some Kids Struggle and Others Shine* by Michele Borba
- A possible "panacea for the pandemic" and something to might wish to give to your favorite school administrator: *A Leadership Guide to Navigating the Unknown in Education* by Sally J. Zepeda and Philip D. Lanoue



57th Biennial NAFME Eastern Division Conference

Hop on the "E" Train – Essential Ethics for the New Educator
April 23, 2021 at 8:00 p.m.

Do you have thirty minutes for "a taste of educator ethics" presented by Paul Fox, Chair of PMEA Council for Teacher Training, Recruitment, and Retention?

Check out the proposed 2021 schedule of conference sessions:

<https://docs.google.com/spreadsheets/d/16Dn9L3xy6mztFbrqca3A3IVot2KJ4dRYYvOdYoCFCxg/edit#gid=0>

Questions to spur some future discussion in eNEWS

What are your thoughts on...?

1. Catching a wave or some sun at the beach this summer? Are you taking any trips?
2. Your latest recipe or culinary indulgence. Has COVID made us better cooks and bakers?
3. How has your community/church ensemble fared? Are you resuming rehearsals/concerts?
4. What are your musical goals for 2021 and beyond... performing, directing, dancing, acting, composing/arranging, presenting workshops, mentoring collegiates, etc.? Keeping at it?
5. Any home renovation projects? Gardening? Any plans to de-clutter or downsize?
6. What new hobbies do you now enjoy? Any new ones that might surprise your friends?

Some of you actually do respond to these **PMEA Retired Member Network eNEWS**.

That you! I appreciate your comments, suggestions, and updates! It was great hearing from David Cree, Fred Danchenko, Cedric Elmer, Joyce Gerstenlauer, and Ella Wilcox!

Everyone, let's try to keep "in touch!" **Stay healthy and safe.** Happy Trails, retirees! PKF

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