

Preparing for & fostering “living the dream!”

PMEA Retired Member Network eNEWS

Winter Issue – December 4, 2022 | Pennsylvania Music Educators Association

“There's never enough time to do all the nothing you want.”

– Bill Waterson, Calvin & Hobbes

Happy Holidays!

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EDITOR'S NOTE

How are you doing?

Retirees, those soon-to-retire, collegiates, and active members: Join in celebrating & contributing to the *combined might* of our expertise, endowments, and encouragements that only your TEAM PMEA has to offer!

Send us your news, views, stories, and even *funnies* for the next edition of this forum.

Do you have any “hints or hacks” to share with our colleagues? Please contribute YOUR articles, notices, or suggestions!

We want to hear from you!

That's why “we” are here! PKF

Reclamation, Renovation, Restoration, and Rejuvenation of PA School Music!

Hope this e-publications finds you happy, healthy, financially secure, and fully engaged in the good work of teaching and making “life-long music!”

Welcome to a new edition of **eNEWS – the PMEA Retired Member Network** – an informal alliance and forum for interconnecting pre- and in-service music educators and retirees sharing their ideas, updates, successes, and perspectives! Thanks for lending your support and staying involved in the profession!

Let's continue to join forces, collaborate, & promote partnerships!

This e-newsletter seeks to inform, inspire, and disseminate timely communications of tips and information among its members. We're near the half-way point of the school year, and we hope to see the light at the end of the tunnel... soon! Picking up the pieces from the grips of the pandemic, many of our music educators need YOUR perspective and service... insight or thoughts on conquering declining enrollments, program cutbacks, and teacher shortages, counteracting the effects of what most are now calling a *gap year* in our PA music programs. To use every metaphor in the book, it's time for all of us in PMEA to FORD THOSE STREAMS, REPAIR ALL BRIDGES, and PAVE NEW ROADS towards motivating meaningful musical success.

Our experienced retired members are among the best-trained mentors in PMEA. Facing many years of “boots on the ground,” we have at our fingertips numerous strategies to solve problems in education. In addition, as a benefit to connecting with them, colleagues who plan to retire over the 1-5 years can learn valuable techniques for a smooth transition to post-full-time employment and successfully reinvent, reprogram, and “recharge” themselves to modifying those essential elements of *purpose, structure, and community* throughout their “golden years!”

The super-power of PMEA is this combined clearinghouse and reservoir of talent easily accessible for no additional cost. The PMEA website archives contacts, links, documents, webinars, etc. – everything conveniently in one place: <https://www.pmea.net/>.

Join us in clearing new pathways for making a difference in PA music education!



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412-596-7937 <https://www.pmea.net/council-for-ttrr/> and
<https://www.pmea.net/retired-members/>
Deadline for the next issue
March 1, 2023
Send “stuff” to:
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2023 Music Conferences Come a-Calling! Places to Go & People to Meet In-Person!

<https://www.pmea.net/pmea-annual-in-service-conference/>

For some of us, it's a just chance to catch-up with our colleagues, see our friends, and socialize. Others are more focused and take advantage of the near-perfect opportunity to network with other professionals, perhaps seeking new working relationships, partnerships, or even employment. Many are on a look-out for newly published music, that perfect music lesson or teaching strategy, technology tools, fund-raisers, advance educational venues, or much-needed equipment to purchase for our ensembles or classrooms. Most come to hear/see the "state of the art" in music education – concerts, demonstrations, keynote speeches, panel discussions, exhibits, research presentations, and workshops. PMEA's PD Council would likely submit that the primary purpose of a conference is for professional self-improvement... What did Stephen Covey call it? Oh, his Habit #7 of "sharpening the saw" – to build a balanced program of self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Covey would insist we embrace "the process that empowers us to move on an upward spiral of growth and change, of continuous improvement." So, in short, conferences help us "grow" – to revive, re-inspire, re-energize, rejuvenate, re-direct, and re-motivate all of us – pre-service, active in-service, and retired teachers towards making successful new connections, updating our knowledge and skills, and forming new goals.

This is how we "keep up" with all the new standards, benchmarks, and cutting-edge advances, and meet the "movers-and-shakers," visionaries, and leaders in the profession!

Your music education colleagues in the state and our PMEA and NAFME staff and officers have been busy planning numerous inspiring professional development projects and programs. Here's a "snapshot" of the "big" Conferences! Soak these up in 2023! *We'll leave the light on for you!*

- NAFME Eastern Division Conference in Rochester, NY April 13-16, 2023
<https://www.nyssma.org/eastdiv2023/>
- **PMEA Annual Conference in Kalahari/Poconos April 19-22, 2023**
<https://www.pmea.net/pmea-annual-in-service-conference/>
- PMEA Summer Conference in Harrisburg July 17-19, 2023
<https://www.pmea.net/pmea-summer-conference/>



World's largest
indoor waterpark!

Crescendo Student Conference – The Virtual In-School Experience

<https://www.pmea.net/crescendo/>

Join us on January 31 for the Crescendo Student Conference from 9 a.m. to 2 p.m.

Teachers are encouraged to use this online event as an in-school field trip for their music students. A livestream channel will be set-up with a new session happening every half hour.

Participants will be able to interact with presenters through a chat feature. At 9:30 a.m. and 11 a.m., breakout sessions will also be offered accessible through Zoom. These will allow for a higher level of interaction between students and presenters. ALL content will be recorded and available after January 31 to those who register. Sessions can serve as modules for teachers to use in their classroom for weeks after Crescendo! (SCHEDULE BELOW)



Keynote Dr. Tim Lautzenheiser – 9 a.m.

Alexander Liebermann, *Birdsong & Music Composition* 9:30 a.m.

Bryan Clayton, *The Case for Life-Long Musicians* – 9:30 a.m.

Karmin Dando, *Teaching Instrumental Music & Loving It* – 9:30 a.m.

John Kirkner, *Basic Woodwind Maintenance & Emergency Fixes* – 9:30 a.m.

Randall Standridge, *Everything You Always Wanted to Know About Composing But Were Afraid to Ask* – 10 a.m.

Courtney Coffey, *Being Imperfect – Overcoming Fear & Anxiety in the Arts* – 10:30 a.m.

Kelsee Kimmel of SIX The Musical – 11 a.m.

Julie Kathryn, *Electronic Music Production* – 11 a.m.

Owen Nash, *Video Game Music* – 11 a.m.

John Kirkner, *Basic Brass Maintenance & Emergency Fixes* – 11 a.m.

Special Performance of *Breaking Winds* & Lunch – 11:30 a.m.

Maria Ellis, *That's a Bop* – 12:30 p.m.

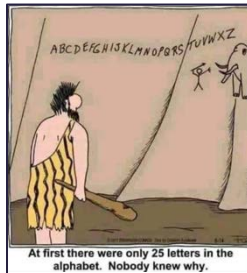
Brittany Trotter, *Hip Hop Music and Culture* – 1 p.m.

Donna Fox, *SMART Practice – Becoming the Master of Your Own Success* – 1:30 p.m.

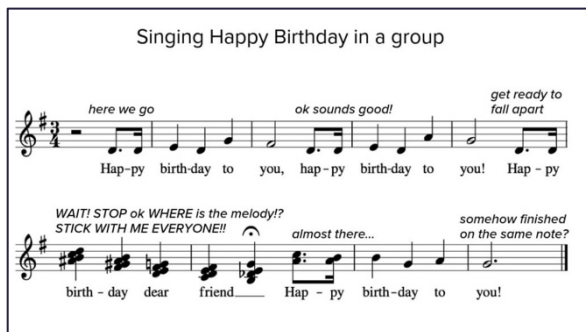
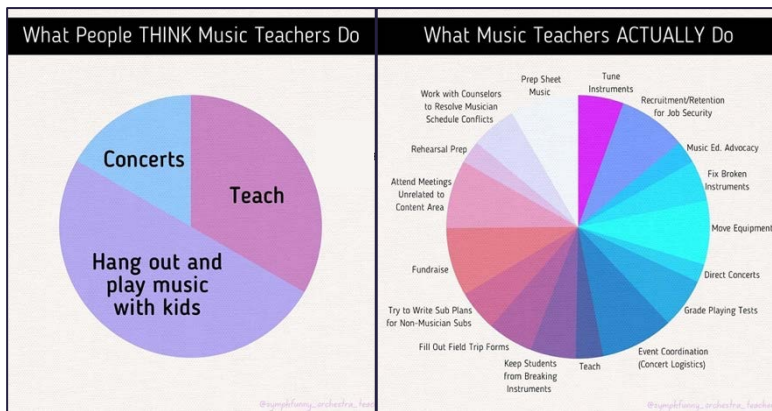
THE FUNNIES PAGE

Sometimes A Distorted Sense of Humor Is Needed to Kickstart Our Day!

from our retired and active members surfing the "Net"



Someone posted they had just baked some synonym buns. I replied, you mean just like the ones grammar use to make? Now I'm blocked.



AGING IS TRICKY. IT'S LIKE YOU STILL FEEL YOUNG INSIDE, BUT THEN EVERY ONCE IN A WHILE YOU CATCH A GLIMPSE OF YOURSELF IN THE MIRROR AND REALITY JUST SMACKS YOU IN THE FACE.

I still can't believe they cancelled Vivaldi after just four seasons!



ALLEREGRETTO: When you're 16 measures into the piece and suddenly realize you set a too-fast tempo
ANGUS DEI: To play, with a divinely beefy tone
A PATELLA: Accompanied by knee-slapping
APOLOGGIATURA: A composition that you regret playing
APPROXIMATURA: A series of notes not intended by the composer, yet played with an "I meant to do that" attitude
APPROXIMONTO: A musical entrance that is somewhere in the vicinity of the correct pitch
DILL PICCOLINI: An exceedingly small wind instrument that plays only sour notes
FERMANTRA: A note held over and over and over and over and...
FIDDLER CRABS: Grumpy string players
FLUTE FLIES: Those tiny insects that bother musicians in outdoor gigs
FRUGALHORN: A sensible and inexpensive brass instrument
GAUL BLATTER: A French horn player
GREGORIAN CHAMP: The title bestowed upon the monk who can hold a note the longest
PLACEBO DOMINGO: A faux tenor
SPRITZICATO: An indication to string instruments to produce a bright and bubbly sound

1. **My goal** for 2016 was to lose just 10 pounds. Only 15 to go!
2. **Ate salad for dinner!** Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.
3. **How to prepare Tofu:** A- Throw it in the trash. B- Grill some Meat.
4. **I just did** a week's worth of cardio after walking into a spider web.
5. **I don't mean to brag** but...I finished my 14-day diet in 3 hours and 20 minutes.
6. **A recent study** has found that women who carry a little extra weight live longer than men who mention it.
7. **Kids today** don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
8. **I may not be** that funny or athletic or good looking or smart or talented...I forgot where I was going with this.
9. **I love being over 50.** I learn something new every day.....and forget 5 others.
10. **I think I'll just** put an "Out of Order" sticker on my forehead and call it a day.
11. **Senility** has been a smooth transition for me.

Soon-to-Retire Corner – Quarterly Book Reviews

Retiring? Your Next Chapter Is About Much More Than Money

Are you considering making that giant leap to post-full-time employment in the near future?

For many of you, probably the last thing on your mind is to go out and purchase a new publication on retirement. And yet, this remains one of our greatest of life transitions or “passages,” and as author Gail Sheehy focused on in her 1976 book by the same title, this or any life crisis is “an opportunity for creative change – to grow to your full potential.”

It could be argued that there are basically three different types of nonfiction self-help books available in the marketplace addressing our unique learning styles. One is the comprehensive reference manual or user guide, where you could turn to almost any page in the volume or jump around (in any order) to specific areas on which you desire to focus. An endorsement for a retirement user guide is *How to Retire Happy, Wild, and Free* (2016) by Ernie Zelinski, allowing the reader to randomly dive into the chapters organized by general concepts, e.g., tips on travel (page 165) and health/wellness (page 109). Zigzagging through his work, you would not lose the overall meaning.

Another approach is a narrative story, perhaps a fictitious account that features characters exploring and revealing insights on the topic you are studying. An excellent example of this was shared in a PMEA eNEWS review of the retirement parable *Refire, Don't Retire* by Ken Blanchard, setting the stage for an easy-to-understand narrative on how to “make the rest of your life the best of your life.” The fictitious “Larry and Janice Sparks” share anecdotes of their experiences, modeling potential opportunities of retirees enhancing their relationships, stimulating their minds, revitalizing their bodies, growing spiritually... basically rekindling passion in every area of their lives.

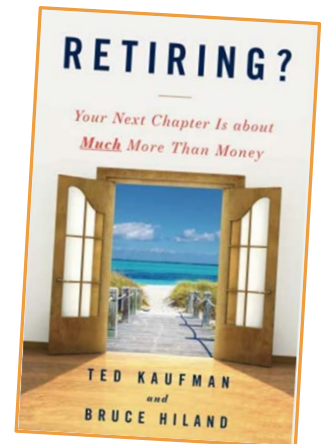
Finally, you may prefer the format of tutorial, often presented as a workbook or interactive lessons. The tutorial’s approach is a logical progression of chapters/how-to sections that must be read and completed in order. There are often worksheets, exercises, or activities to complete at the end of each chapter. The hierarchy of these “units” build a sequential set of competencies for which you must master one by one, a prerequisite before going on to the next section. Julia Cameron’s *It's Never Too Late to Begin Again* (2016) and *The Artist Way* model this method.

This brings us to this issue’s featured book: *Retiring? Your Next Chapter Is About Much More Than Money* (2021) published by Houndstooth Press. This easy-read paperback is a cross between a tutorial and a user guide. Most chapters have “homework” to complete, but if you “hopped around” or skimmed the chapters, you would find clarity and understanding.

According to the authors (Ted Kaufman, former U.S. Senator from Delaware and Senator Joseph Biden’s Chief of Staff and Bruce Hiland of McKinsey & Company and former Chief Administrative Office at Time Inc.), *Retiring?* is geared to both soon-to-retire readers as well as those already-retired and their family members and friends eager to help.

Chapters

- I. What’s The Problem?
- II. Retirement Has Changed... What to Expect
- III. Getting Started
- IV. What Do You Want To Do?
- V. Where Do You Want To Live?
- VI. Maintaining Your Body
- VII. Maintaining Your Brain
- VIII. Maintaining Your Heart
- IX. Maintaining Your Soul
- X. Pulling It Together
- XI. Looking Further Ahead



From the Back Cover...

Planning for retirement isn't just about money.

Retirement has changed dramatically since our parents' generation. People are living far longer, with far better health than ever before – both mentally and physically.

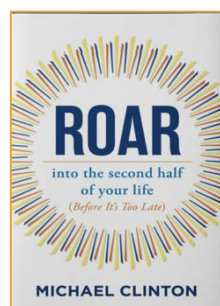
Instead of slowing down, people are leaving their jobs feeling ready to take on the world. They're financially, independent, active, and capable.

And then, suddenly, they have nothing to do.

Business, friends, drift away, the sense of purpose that comes with solving problems day in and day out, fades into memory, and you start looking ahead to the next 30 or 40 years wondering what on earth you're going to do with all that time.

Retiring? takes a profound look at 21st century retirement, helping your plan, all the nonfinancial aspects of what comes next.

Drawing on the experience of today's modern, vibrant retirees, Retiring? offers a concise, practical, and conversational guide to the best chapter of your life.



Future Book Review

(coming in the Spring 2023 edition of eNEWS)

Heard Through the "Vintage" Grapevine

Most retirees would tell you that, "It's a good thing I'm no longer working full-time... otherwise I'd never have enough time to get everything done!" Our retired music teachers are truly busy. And since most of them (and YOU!) do not send in any updates or news announcements, the Retired Member Coordinator is forced to "troll the Internet" and capture "rumors" like these! What's the lesson here? Please email paulkfox.usc@gmail.com "what's happening in YOUR LIFE," OR you might see an unflattering photograph from social media or a Google search posted here!

Tell us about your grandchild(ren), pets, a fun vacation trip, new hobby, household renovation, musical pursuit, or ??? Most important: We need pictures! (They say a thousand words!). For the next issue, how about **holiday programs**?

psst...

Jim Seidel, retired band director of Exeter HS and current director of Ringgold Band, has recently become the co-director and host of an adult band camp, now moving to Juanita College.



William Galvin has been inducted into the Music for All National Hall of Fame. The former Trinity High School Director of Bands and Music Department chair, continues his involvement in Music for All and its subsidiary, Bands of America. The induction occurred during the Music for All Grand National Marching Band Championships held last December in Indianapolis.



(Pictured are Bill Galvin, center, his wife Connie and son Shawn.)



Mark Zelinek, director of the Southwest Symphony of Hobbs, NM shared his youth concert program:

Wallfisch: [Theme from the Movie Shazam!](#)

Holkenborg/Roszell: [Zack Snyder's Suite from Justice League](#)

Williams: Raiders March from "Raiders of the Lost Ark"

Zimmer/Ford: [Batman: The Dark Knight Rises](#)

Elfman/Wasson: [Music from Spider-Man](#)

Gregson-Williams/Lopez: [Wonder Woman](#)

Silvestri: [Suite from "The Avengers"](#)

Silvestri: [End Game](#)



We'd like to send a "shout-out" to **Bobby & Aegina Leidhecker**.

Have you seen this YouTube video of Bobby, who plays drums for Spencer & the T-Bones?

<https://youtu.be/1rh-Qip7Q0c>



Greg Funfgeld took a final bow as director of the Bach Choir of Bethlehem in May. Kudos & bravos!



What are they doing?
Denise Pearson and her Pastor Jeff Ewing of the First Lutheran Church of Warren, PA struggle to unpack some new handbell equipment.

The Toolbox for "The Big Transition!" a.k.a. Retirement

When someone creates something new – an e-book, digital publication, webinar, video, or other electronic resource, they hope it becomes useful and easily accessible. From rookies and newcomers to the profession to active "veteran" teachers and those contemplating retirement, music educators have a plethora of resources available to them on the PMEA.net website. (See sample links below.) What is that saying? "You can lead a horse to water, but..."



Since January 2015 (the appointment of your current PMEA Retired Member Coordinator), more than 109 PMEA Retired Member Network eNEWS have been emailed to members, sometimes as many as two issues per month (now 3-4/year). *Are we running out of gas?* These editions are archived: <https://www.pmea.net/retired-member-network-e-news-archive/>. The author and contributors to this forum HOPE that you READ these "epistles," and even come back and consult the back-issues for helpful articles and book reviews. Anyone planning to "Cross the Rubicon" to a less stressful life might like to read what others have done to prepare themselves for "the move." How to retire. When to retire. Where to retire. One might even consider purchasing a paperback or two, made convenient with the **PMEA retiree book review index:** https://docs.google.com/document/d/1bGkx4rqDE2m3JunmMailp2pThkSTWS1xWoiKIk3_qWA/edit?usp=sharing.

When these stories and recommendations were first released in eNEWS, many of you were not in the mindset to consider making this life-changing decision. It was not on your radar. You missed the advice or viewpoints of the retired members who have already succeeded in the crossover. So, take a trip down "memory lane" and revisit these (just a few samples). (Besides, now's your chance to peruse the old issues for an exhaustive collection of "really bad" jokes!)

Care of Teachers & Retirees Dec19 <https://www.pmea.net/wp-content/uploads/2019/11/Retired-Member-Network-eNEWS-120519.pdf>

Myths of Retirement Aug19 <https://www.pmea.net/wp-content/uploads/2019/07/Retired-Member-Network-eNEWS-080119.pdf>

New Year's Resolutions Winter22 <https://www.pmea.net/wp-content/uploads/2021/12/PMEA-Retired-Member-Network-eNEWS-s010222.pdf>

Password Protection Jan20 <https://www.pmea.net/wp-content/uploads/2019/12/Retired-Member-Network-eNEWS-010220.pdf>

Protecting Your Finances April21 <https://www.pmea.net/wp-content/uploads/2021/03/Retired-Member-Network-eNEWS-s040121.pdf>

PSERS HOP Insurance Dec19 <https://www.pmea.net/wp-content/uploads/2019/11/Retired-Member-Network-eNEWS-120519.pdf>

Retirement Resources Spring22 <https://www.pmea.net/wp-content/uploads/2022/03/PMEA-Retired-Member-Network-eNEWS-s032222.pdf>

Scams, Shams, & Spam Feb21 <https://www.pmea.net/wp-content/uploads/2021/01/Retired-Member-Network-eNEWS-s020221.pdf>

Stages of Retirement May21 <https://www.pmea.net/wp-content/uploads/2021/05/Retired-Member-Network-eNEWS-s050621.pdf>

Volunteering Fall21 <https://www.pmea.net/wp-content/uploads/2021/09/PMEA-Retired-Member-Network-eNEWS-s090721.pdf>

PMEA WEB RESOURCES

Membership Has Its Privileges – You Are Free to Use These Tools at www.pmea.net



<https://advocacy.pmea.net/>



<https://www.pmea.net/resources/pennsylvania-dept-of-education-information/>



<https://www.pmea.net/council-for-ttrr/>



<https://www.pmea.net/focus-areas/higher-educationsmte/>

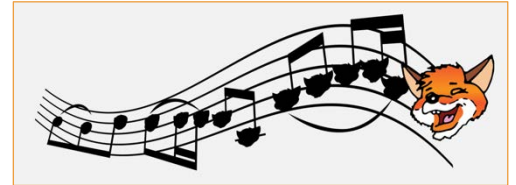


<https://www.pmea.net/focus-areas/pcmea/>

Bloggers Who Can Say, "Been There, Done That!"

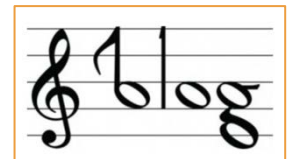
In the Fall 2022 edition of PMEA eNEWS (quick link here: <https://www.pmea.net/wp-content/uploads/2022/09/PMEA-Retired-Member-Network-eNEWS-s092122.pdf>), we shared information about the vast library of articles warehoused at <https://paulfox.blog/>. Since then, several new blogs have been posted, the last titled *Volunteering Is Vital – Stories from a Wheelchair Jockey*: <https://paulfox.blog/2022/11/27/volunteering-is-vital/>. It deserves repeating here that the site is organized (top menus) into categories suitable for all stages/phases of a career in music education, similar to text in the mission statement of the Council for Teacher Training, Recruitment, & Retention... "for the life-cycle of a music educator." Click on these links to view up to 166 previous released articles relevant to YOUR needs.

- Training/Jobs: <https://paulfox.blog/becoming-a-music-educator/>
- Care: <https://paulfox.blog/care/>
- Retirees: <https://paulfox.blog/for-retirees/>
- Creativity: <https://paulfox.blog/creativity-in-education/>
- Firesides: <https://paulfox.blog/foxs-firesides/>



Of course, for active (PMEA in-service), collegiate (PCMEA), and retired members, there's always the fantastic resource of the NAFME blog series *Music in a Minuet*, writings which offer an incredible depth of understanding in and solutions to the problems music educators face everywhere. Check them out here: <https://nafme.org/category/news/music-in-a-minuet/>. You can also visit the archives of *NAFME Notes*, their bi-weekly e-newsletter here: <https://nafme.org/nafme-notes/>. A random sampling of recent titles for your consideration (but just the tip of the iceberg):

- <https://nafme.org/embracing-local-indigenous-peoples-ways-and-musics-in-school-music-classes/>
- <https://nafme.org/great-tools-for-online-lessons/>
- <https://nafme.org/bringing-visibility-to-an-invisible-art-form-the-study-of-film-music/>
- <https://nafme.org/trauma-informed-practices-in-the-music-classroom/>
- <https://nafme.org/linking-latin-rhythms-into-orff-ensembles/>
- <https://nafme.org/gamifying-solfege/>
- <https://nafme.org/leading-by-example-making-key-changes-in-your-career/>
- <https://nafme.org/coping-with-hearing-loss-in-a-music-education-setting/>
- <https://nafme.org/making-the-band-modern-band-in-the-k-3-classroom/>
- <https://nafme.org/i-lost-my-wind-ensemble-and-saved-my-music-program/>



In addition to the above blog sites and topics specifically about music and teaching, we have discovered great insight, practical advice, and illuminating perspectives from the following bloggers who could serve as a godsend for those of you embracing thoughts of retiring (over the next five years), changing marital status, employment or volunteer pursuits, caring for an elderly or sick family member, moving (downsizing?) from your current residence, making new goals, or other "senior living" issues. You deserve to enjoy the shared benefits of these sages' sensitivity and wisdom, the consequences of experience they have learned from the school-of-hard-knocks.



Ernie Zelinski

<http://www.retirement-cafe.com/>



Kathy Merlino

<https://kathysretirementblog.com/>



Joe Hearn

<https://intentionalretirement.com/>



Joan Potuchek

<https://stepintofuture.wordpress.com>



Sages of Aging hosted by *Ken Dychtwald*, is a public television special, now airing nationwide. Check your local listings.

Preview: <https://vimeo.com/748914579/f1cbe82e3e>



<https://agewave.com/>