Preparing for & fostering "living the dream!"

PMEA Retired Member Network eNEWS

Summer Issue - June 20, 2023

Pennsylvania Music Educators Association

"Find a group of people who challenge and inspire you; spend a lot of time with them, and it will change your life."

- Amy Poehler

Happy Summer!

FEATURES

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EDITOR'S NOTE

We want to hear from you!

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 publication.

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

Keep "connected" with PMEA!

That's why "we" are here! PKF

Message from Your Retired Member Coordinator Things I Think I Think...

by Paul K. Fox



Welcome to summertime! Tomorrow is the official first meteorological day of summer and the longest full day of sunlight! Bring it on! Hope this eNEWS finds you reveling in the warm weather and some quality time with family and friends.

Before you complain to Abi or other members on the PMEA state staff or EXCOM, "Why are they sending me this publication... I'm not retired yet!" – let me remind you! This is intentional! **The PMEA Retired Member Network eNEWS** is about retirees, for retirees and those soon-to-retire, any advanced career planners, and everyone else who hopes to make it to retirement at some point in their life. Semi-annually, we reach out to PMEA colleagues in all stages of their career: collegiates, first year or rookie teachers, recently transfers to the profession or those assigned to new positions, veteran educators who have a lot to share with their fellow music educators... in short, ALL OF YOU! This is YOUR forum to collaborate, recharge, renew, re-energize, and re-purpose.

Let's take advice from gurus like Ernie Zelinski, Ken Dychtwald, and other mahatmas.

I'm not sure why they called my position "Retired Member Coordinator." Few of our retirees, once they transition a year or two of internship into post-employment "bliss," need my help. Success in "living the dream" is all about embracing what I've always lectured to the uninitiated at sessions on "how to retire" at conferences: defining for ourselves what Ernie Zelinski calls in his book *How to Retire, Happy, Wild and Free* – the mission to "find purpose, structure, and community" (what the job always provided),



and now on which we must focus and fend for ourselves throughout retirement.

Besides, "retired" is an awful word and frankly should be... retired. The average educator can leave the workforce before his or her magic Social Security age and launch new goals or venture into other pursuits and pastimes. Perhaps it would be better to call it "refired," "new beginnings," "second career," "next chapter," or a host of other terms that portray a journey to new pathways, and, for most of us, a state of flux, exploration, retooling/retraining ourselves, and change.

(next page)



Paul K. Fox, Chair PMEA Council TTRR & Retired Members 1564 Hastings Mill Road, Pittsburgh, PA 15241-2860 412-596-7937 https://www.pmea.net/council-for-ttrr/

https://www.pmea.net/retired-members/
Deadline for the next issue

October 1, 2023
Send "stuff" to:

paulkfox.usc@gmail.com



Things I Think I Think... continued

Some of you may know I push wheelchairs at a local hospital outpatient center. Thanks to excellent advances in medical science, and especially the people who are heeding the advice of their doctors to undergo preventive screenings like colonoscopies (as recommended once they reach the age of 45), we live longer and enjoy a much better quality of life. Do we really want to reach that (biblical?) age of Moses?? Well, I for one want to give it my best shot!

Ever heard of "The Longevity Revolution?" Something *I think I think* is most relevant in becoming a happy senior citizen has to do with the length of time and how we will spend it in retirement. As long as we can retain our own health and the well-being of our closest loved ones, our adjustment to post-full-time employment can foster the most enriching and fulfilling times of our lives. Unless there are health, economic, or mobility problems and either you become a caregiver for your parents or other family members (perhaps, even for yourself), there are no limitations to what you can accomplish!

I would like to introduce to you a visionary in the field of gerontology: Dr. Ken Dychtwald. This video, although it makes a point of advertising his accomplishments as keynote speaker and founder of AgeWave, may inspire you to many revelations. His statistics about the Baby Boomers, which represents most of our retiree group, will literally blow your mind. Take a moment to sit down for 15 minutes (go get some popcorn) and watch this recording. It should have a great effect on your perspective and how you may want to plan the prospects for your "golden years" which may last longer than the time you spent teaching in the schools.

But I won't lie to you. This past year has been an adjustment... a time for



Click here for Ken's video on The Longevity Revolution: https://vimeo.com/834802544

a lot of reflection and soul-searching! In particular, those who "didn't make it" come to mind... among several who were "bricks" supporting the foundations of PMEA, contributing great things to our profession through their music teaching. Most recently, I've had to settle with the loss of a sister (also a retired music teacher), several close friends, three longtime musical coworkers who assisted me in producing thirty years of musicals and plays, and the late great bandmasters Albert Nacinovich and (eleven days ago) James M. Bennett. The only lesson I have learned from all of this is you can't put off investing in your relationships. When was the last time you called up a close acquaintance, extended family member who lives out-of-town, or that person you said, "Let's get together for lunch?" What are you waiting for? We don't own the future. Procrastination is the enemy of both the actively employed and retirees.

The Best Advice We Can Give - and a Bumper Sticker for the Newly Retired

Sorry, I am still on my retired member coordinator's "soapbox!" It is probably time for me to obtain a trademark on the saying, "I'm a Retiree... It's Not My Sandbox... Anymore!" A core philosophy for retired living... and leaving your job!

If you are among the "lucky ducks" who have "Crossed the Rubicon" to retirement or contemplating it, as Tom Selleck (as "Commissioner Frank Reagan" on *Blue Bloods*) refers to "pulling your pin," then you better take this to heart. You cannot train your replacement to follow in your footsteps! This is a quote from a blog I wrote many years ago (https://paulfox.blog/2018/01/28/retirement-its-a-private-matter/):



Sure, it is a good idea to meet with the new teacher once or twice to "hand over the reins" and perhaps tell him/her where the closets are if not the skeletons. Willingly give out your phone number if the newcomer wants help, but then STAY AWAY. No one can BE YOU, and trying to "clone" your essence in a potential "protégé" or well-tutored recent graduate... is an invitation to disaster. The new staff member must find his/her own way, likely making more than a

few mistakes on the journey (as you did a long time ago?), but not experience any interference from the "old veteran!" You have to trust that your superintendent, HR/personnel director, and other school leaders found the most qualified and talented candidate available and will support him/her during that "sometimes bumpy" orientation period. PKF

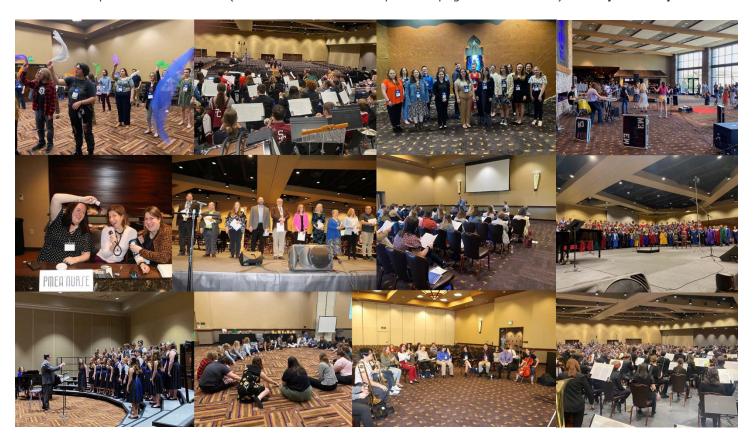
Another article on a similar topic: https://paulfox.blog/2019/05/02/retirees-its-not-your-sandbox/

Looking Back at the Spring 2023 Conference - a Photo Collage

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

Do you remember when... we enjoyed our second consecutive professional development conference in the Poconos, exhibits of our higher education and music industry partners, and state-of-the-art sessions and concerts including the PMEA All-State groups? This also serves as a reminder of the value of attending future PMEA workshops and conferences for networking and collaborating with your colleagues-in-the-field (if you have never participated, check out this blog: https://majoringinmusic.com/music-conferences/), and as Stephen Covey calls it, the opportunity to "sharpen your saw" (from his *7 Habits of Highly Effective People:* https://www.franklincovey.com/habit-7) to grow personally and professionally.

Kudos and special thanks go to PMEA Conference Program Chair Martha Heise and the Professional Development Council, Michael Sypien and the Student Performance Events Council, PMEA All-State Coordinator Mary Lynne Peters, and members of the PMEA EXCOM and staff led by Executive Director Abi Young for organizing everything. **Well done!**Now a few snapshots from Kalahari (click on the link at the top of this page for all of them)... **Can you find yourself?**



2023 Summer Conference - "The Flip Side" - Hands-on Sharing & Networking!

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

You are cordially invited to attend the PMEA Summer Conference, July 17-19 at the Red Lion Hotel Harrisburg/Hershey. The PD Council and PMEA staff/officers are hosting "The Flip Side" for a chance to gain a new perspective on what you have been doing for a long time, think outside the box, or even reinvent a new box. There will be something for everyone – college students, new or recently transferred teachers, seasoned teachers, and retirees. "The Flip Side" gives everyone a chance to connect in a relaxed



atmosphere , share their expertise and experiences, and see things in a different way... all while "catching-up" with friends and fellow educators and doing a little community service for arts organizations on the side.

There's still time to register. Go to the PMEA website here: https://www.pmea.net/pmea-summer-conference/

2023 Summer Conference - "The Flip Side" - Sessions by Topics

Monday through Wednesday, July 17-19, 2023 - The full schedule is available at https://www.pmea.net/pmea-summer-conference/

Advocacy/PDE Update

- TUE 9:00 am Welcome/Opening Session/Update on PA Department of Education Scott Cullen & David Deitz
- TUE 11:15 a.m. Advocacy in Action: Making Your Musicians the Celebrities of Your Community James Stephens

Assessment/Curriculum Development

• TUE 3:15 pm - Effective Practices & Resources for Music Curriculum Design - Scott Sheehan

Band/Strings/Instrumental

- TUE 10:15 am Selecting String Instruments Sandy Neill
- TUE 10:15 am LIFT!! And Other Basic Timpani Technique Issues James Latten
- TUE 11 am 4 p.m. Drop-in, One-on-One Percussion Technique Help Sessions James Latten
- TUE 11:15 am Marching Band CRESCENDO! Starting or Reviving a Marching Band Program in the Here & Now Kate Landis
- TUE 1:15 pm Chamber Music at the Core Growth Through Accountability & Collaboration Zachary Levi
- TUE 1:15 pm The Literate Beginning Orchestra: Reading, Writing, & Playing Music Lauren Forshey
- TUE 2:15 pm Performance Solutions for First Year Strings Elizabeth Lavender
- TUE 2:15 pm The Standing Ovation: Concert Programming that Captivates Students, Parents, and You, Too! Christopher Marra
- TUE 2:15 pm Yankee Brass Band Session
- TUE 3:15 pm Start Them Right! Tips & Tricks for Starting Beginning Band Instruments James Stephens
- WED 8:30 am Breathing for a Better Band David Earll
- WED 9:45 am Band Sharing Session
- WED 9:45 am String Sharing Session Katrina Kelly

Choral

- TUE 10:15 am "Lit" Music Literacy: Access to Music Literacy Through Popular Music Maria Ellis
- TUE 10:15 am Make Your Software Sing! Best Technology for the Choral Classroom Robin Hodson
- TUE 11:15 am Creating Ensemble Synergy, Part I Jeffrey Gemmell
- TUE 2:15 pm From the Band: Vox Masterclass Laura Ferguson
- TUE 3:15 pm Creating Ensemble Synergy, Part II Jeffrey Gemmell
- WED 8:30 am Voicestra Circle Singing Laura Ferguson
- WED 9:45 am Choral Sharing Session Hannah Knauss

Classroom/EL General Music

- TUE 10:15 am The Power of What If: Cultivating a Culture of Curiosity Roxanne Dixon
- TUE 1:15 am General Music Session Jennifer DeRemer
- TUE 2:15 pm Early Childhood as a Community Resource Aubree Pacifico Windish
- TUE 3:15 pm Light the Spark! Student Creation in the Elementary Classroom Adrienne Rodriguez
- WED 8:30 am Books & Beasts: A Funky & Fresh Approach to Using Children's Books in General Music Cassandra Eisenreich
- WED 9:45 am Elementary General Music Sharing Session Cassandra Eisenreich

Diversity/Equity/Inclusion

• TUE 11:15 am - Just Gender: Creating & Implementing Affirming Spaces at All Levels - Aer Queen

Mentor Training

• WED 8:30 am - PMEA Mentor Training & Discussion - Eric Plum

Music Technology

- TUE 10:15 am Make Your Software Sing! Best Technology for the Choral Classroom Robin Hodson
- TUE 3:15 pm Your Best Advocacy: Documented Individual Student Music Growth Robin Hodson

PCMEA/First Year Teachers

- TUE 11:15 am What to Expect Entering the Music Teaching Profession: Advice, Recommendations, & Mentoring Jessica Vaughan-Marra
- TUE 1:15 pm Resumes, Cover Letters, & Portfolios: Everything You Need to Prepare for the Music Education Job Search Kathleen Melago
- TUE 2:15 pm Your Dream Job: Tips & Tricks for Getting & KEEPING the Offer of a Lifetime Kate Landis
- TUE 4:00 pm PCMEA Meeting

Meetings on MON July 17: 1:00 District Sec./Treas. & Fest/Festival Host Training 3:00 PD & C/I Councils & District Pres./VPs 6:00 PMEA State Board Dinner & Keynote Speaker: Maria Ellis, The Girl Conductor TUE July 18 at 5:00 pm

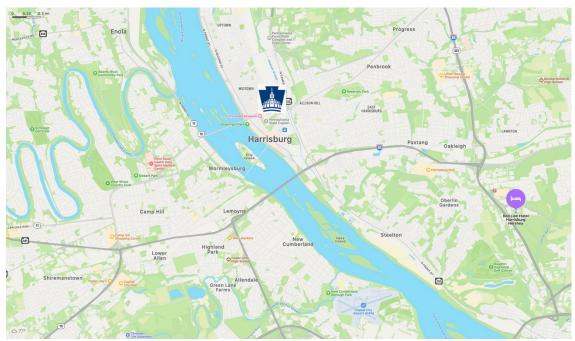
Yankee Brass Band Concert: TUE July 18 at 7:00 pm

PMEA Day of Service benefiting Harrisburg Symphony Orchestra & The Whitaker Center for Science and the Arts WED July 19 at 12:45-4 pm











PA State Capitol Building



West Hanover Winery

More THINGS-TO-DO while in the Harrisburg area... Make it a 3-4 Day "Get-Away!"

TripAdvisor's Top Dozen Attractions in Harrisburg to Visit (Before/After the PMEA Summer Conference)

- 1. Pennsylvania State Capitol https://www.tripadvisor.com/Attraction Review-g52787-d123130-Reviews-Pennsylvania State Capitol-Harrisburg Pennsylvania.html
- 2. National Civil War Museum https://www.tripadvisor.com/Attraction Review-g52787-d279473-Reviews-National Civil War Museum-Harrisburg Pennsylvania.html
- 3. Fort Hunter Mansion and Park https://www.tripadvisor.com/Attraction Review-g52787-d3249738-Reviews-fort Hunter Mansion and Park-Harrisburg Pennsylvania.html
- 4. State Museum of Pennsylvania https://www.tripadvisor.com/Attraction Review-g52787-d123131-Reviews-State Museum of Pennsylvania-Harrisburg Pennsylvania.html
- 5. Pennsylvania National Fire Museum https://www.tripadvisor.com/Attraction Review-g52787-d270714-Reviews-Pennsylvania National Fire Museum-Harrisburg Pennsylvania.html
- 6. Wildwood Park https://www.tripadvisor.com/Attraction Review-g52787-d270634-Reviews-Wildwood Park-Harrisburg Pennsylvania.html
- 7. Broad Street Market https://www.tripadvisor.com/Attraction Review-q52787-d270715-Reviews-Broad Street Market-Harrisburg Pennsylvania.html
- 8. Pride of the Susquehanna https://www.tripadvisor.com/Attraction Review-q52787-d1486727-Reviews-Pride of the Susquehanna-Harrisburg Pennsylvania.html
- 9. FNB Field https://www.tripadvisor.com/Attraction_Review-g52787-d1857518-Reviews-FNB_Field-Harrisburg_Pennsylvania.html
- 10. City Island https://www.tripadvisor.com/Attraction Review-g52787-d138193-Reviews-City Island-Harrisburg Pennsylvania.html
- 11. PA Farm Show Complex and Expo Center https://www.tripadvisor.com/Attraction Review-g52787-d3738194-Reviews-Pennsylvania Farm Show Complex and Expo Center-Harrisburg Pennsylvania.html
- 12. Riverfront Park https://www.tripadvisor.com/Attraction Review-g52787-d5888217-Reviews-Riverfront Park-Harrisburg Pennsylvania.html

View all 60 TripAdvisor recommendations: https://www.tripadvisor.com/Attractions-g52787-Activities-oa0-Harrisburg_Pennsylvania.html



Art Association of Harrisburg



Harris Switch Tower/Museum



Midtown Scholar Bookstore



Newfangled Brew Works

Soon-to-Retire Corner – Book Review ROAR Into the Second Half of Your Life (Before It's Too Late)

Have you ever heard, "The best days of your life are ahead of you?" Over the many years of writing book reviews for the PMEA Retired Member Network eNEWS, I thought I had seen just about every approach... but Michael Clinton's ROAR takes a fresh look at a compassionate, results-driven, actionable guide to getting past roadblocks and making the most of your next chapter. Whether you are facing a mid-life career change or seeking purpose after retirement, this book forces to evaluate your life honestly and embrace radical solutions for what's not working. ROAR will help you find both clarity of vision and passion for your "Second Act."

Chapters

Part I Reimagine Yourself

- 1. Reimagine your life before others do it for you
- 2. Reimagine your favorite future, then leave it

Part II Own Who You Are

- 3. Own Where You Came From
- 4. Own Your Numbers
- Own Your Wins, Strength, Opportunities, and Successes
- Own Your Losses, Weaknesses, Failures, And Threats

Part III Act on What's Next for You

- 7. At Courageous and Don't Look Back
- 8. Act Now with Life Layering
- Act with Focus, Know When to Edit, and Be Present

Part IV Reassess Your Relationships

- 10. Reassess Your Personal Relationships with Yourself, Your Family, and Your Friends
- 11. Reassess Work and Your Work Relationships
- 12. Reassess Your Community and Your Relationship with It

From the Back Cover...

"To roar is to contradict and challenge all of what you thought about gotting older."

thought about getting older, to have the imagination, the self-awareness, and the self-confidence to start anew."

"Change is all around us - in our careers, in our relationships, and throughout our world. If you are in the second half of your life, at some point, you might find yourself replaced, pushed out, or aged out. It's increasingly likely that something is going to happen that could radically change your work or personal life, so why wait until that something happens to you? Why not be proactive and start creating the future you might want right now?"

From the Introduction...

"The message behind ROAR is that you need to put your life on hyper speed until your dying breath, regardless of when that might be. You should run full gallop into your future, chasing everything that is important to you, ignoring what you're supposed to do or might do or should do. To have a second half of life that is overflowing with joy and satisfaction and fulfillment and purpose is the battle cry of this book."

Check out the PMEA Retired Member Book Review Index

https://docs.google.com/document/d/1bGkx4rqDE2m3JunmMaiLp2pThkSTWS1xWoiKIk3 qWA/edit?usp=sharing

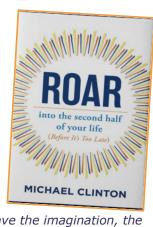
CommUNITY Music-Making - Send in more programs & photos of your "gigs"











The Passing of Another Great Bandmaster – James M. Bennett

by Paul K. Fox

We are all mourning the loss of James M. Bennett of Pittsburgh, PA who passed away on June 9, 2023.

A true fighter to the end, my fellow music educator, musician, mentor, and friend struggled with cancer and COVID over the past year. For those who knew him well, he will be remembered for always looking out for what was best for our Upper St. Clair music students and staff, and for all those amazing contributions to local projects for promoting the arts in the South Hills/Western PA communities.

Jim was the former Director of Bands (1971-2003) and Fine and Performing Arts Curriculum Leader for the Upper St. Clair School District. Serving the community for more than 30 years, he took immense pride in the accomplishments of his students. He often spoke of his good fortune having had the opportunity to share his love of music with literally thousands of students.

He was a devoted alum of West Virginia University where he earned the degrees of Bachelor of Music Education and Master of Music Education. One of his proudest moments was returning to his alma mater in 1985 to serve as Visiting Professor of Music (Director of the Mountaineer Bands).

Most recently on April 21, 2023, Jim was honored at the Community Foundation of Upper St. Clair (CFUSC) 30th Anniversary Gala Celebration, receiving the CFUSC CommUNITY Outreach Award for serving the Foundation

continuously from 1993 to 2019 as trustee and chair of the Fine and Performing Arts Committee. Under his visionary leadership, CFUSC was able to sponsor performances at the Upper St. Clair High School of the Pittsburgh Symphony Orchestra (PSO) and PSO Chamber Orchestra, Marvin Hamlisch, Eddie Palmieri, Philadelphia Dance Council, Spyro Gyra, Michael Pedicin Quartet, Folklorico Ollimpaxqui Ballet Company, Pittsburgh Dance Alloy, John Houseman Acting Company and other artists-in-residence programs, to name a few.

Jim, together with the late C. Dean Streator, founded Community Band South, providing an opportunity for musicians to continue their musical pursuits as adults. Along with Dean, Jim was named "Outstanding Volunteer" by the Bethel/ St. Clair Rotary Club in 1997. During his retirement, Jim managed the Upper St. Clair Theatre, bringing groups like River City Brass Band and Town Hall South to the community. An avid foodie, he continued to build on the cooking skills taught to him by his mother and loved hosting holiday meals for his family.

During his entire career in music education, Jim was a Music and Marching Band Adjudicator throughout Pennsylvania, West Virginia, and Maryland, hosted countless music festivals, and was also a member of ASBDA, Phi Beta Mu, Phi Mu Alpha Sinfonia, and Lambda Chi Alpha.



Halftime show during Jim's first year as Director of the USCHS "Pride of Upper St. Clair" Marching Band

Jim, warm-up your French Horn "chops" to play in or conduct that great concert band in heaven! Thank you for everything you have done to inspire us and foster the Performing Arts in Pennsylvania!

A memorial service will be held at the John McMillian Presbyterian Church (875 Clifton Road, Bethel Park 15102) this coming Saturday, June 24, 2023, at 10:00 a.m.

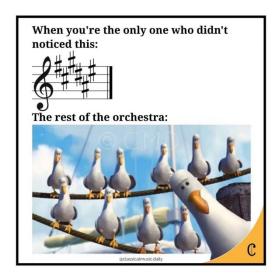
Coming this Fall – A Revised Retiree Resource Registry (R3)

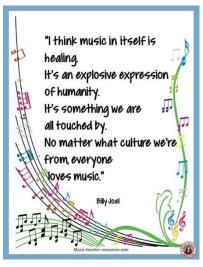


Sporting a fresh new look (new logo at the left by Mark Despotakis), retired members will have the opportunity to update and renew their participation in the Retiree Resource Registry. R³ celebrates the unique gifts and professional achievements of our retired members while offering service to those who need assistance. See the Retired Members' website for more information: https://www.pmea.net/retired-members/

Graffiti - Inspiration & "The Funnies" from Retired Members

Send your humorous or thoughtful "clippings" to paulkfox.usc@gmail.com.

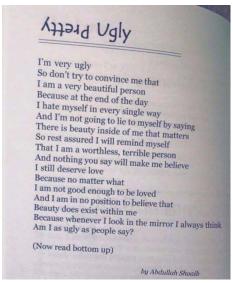




My very first pure bread dog. He just loafs around the house all day. Maybe he has a yeast infection. I have no dough left to spend on him. At first I thought he was the greatest thing since sliced bread., but he's so kneady. Can't get him to rise in the morning. If he doesn't smarten up, he's toast.









Trivia Matching - How Well Do You Know These PMEA Retired Members?

- 1. Joe Brennan
 - 2. David Cree
- 3. Jeffrey Dent
- 4. Michael Holl
- 5. Mark Jelinek
- 6. Adrianne Kelly
- 7. Vicky Moule
- 8. Louise Victor
 - 9. Rich Victor

- Repasz Band
- C. UArts Adjunct Orchestra Director and clinician (Midwest, TMEA, ASTA)
- Н. Lakeland FL and Bellefonte PA Community Bands, PSU Blue Band Instrument Repair
- I. CMU & Duquesne University, Modeling, Acting (TV Commercials)
- M. West Hills Symphonic Band, Hollis & Germann
- N. State College Choral Society, Instruction of Blind/Low Vision People
- 0. Local EL choir volunteer, High Note Festival adjudicator
- P. Southwest Symphony
- University of Buffalo Graduate School of Education, Holes-in-One

song by Freddie Mercury performed by QUEEN. :LNIH Spell out the last word in the title of a famous



S.P-6.I-7.O-8.N-9.S ANSWER: 1. C - 2. H. - 3. A - 4. M

Heard Through the "Vintage" Grapevine

Do you know who these people are and what they are doing? For now, we'll leave them anonymous.

It's worth repeating here: Our music teachers are truly busy. And since almost all 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 ??? Even more critical: We need pictures! (They say a thousand words!). As you can see, a few of these were taken back during the fall holidays... or at the annual PMEA conference.



