

# Bi-Annual ePublication for Retiring & Soon-to-Retire Music Teachers

# PMEA Retired Member Network eNEWS

Spring/Summer Issue – February 12, 2024

Pennsylvania Music Educators Association

**"Sit in reverie and watch the changing color of the waves that break upon the idle seashore of the mind."**

- Henry Wadsworth Longfellow

## FEATURES

- **P2** Sign-up or Update Your R3 Profile (Areas/Levels?)
- **P3** Send a Collegiate to the Conference + Spread the News: PMEA Scholarships
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## EDITOR'S NOTE

### We want to hear from you!

Retirees, those soon-to-retire, collegiates, and active members:

Do you have any "hints or hacks" to share with our colleagues?

Please contribute YOUR articles, notices, or suggestions!

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

Next deadline for eNEWS:  
Fall/Winter 2024 issue  
August 1, 2024

**Keep "connected" with PMEA!**

## Message from Your Retired Member Coordinator "Making Waves" at the Conference!

by Paul K. Fox

"HELP WANTED!" YOU are the missing piece!



The annual PMEA conference, soon to be held this year in Erie, offers all retired members opportunities to "make a few waves" and help our fellow music education colleagues.

I have always said that the experiences and expertise of our senior educators are priceless. Honor graduates of the school-of-hard-knocks, no one could fairly compensating all our years of "boots-on-the-ground," and for anything

that may seem like an insurmountable problem, a retired member may be able to share a quick-and-easy solution. "All you have to do is ASK!" In return, you are confirming that retirees have a value & purpose in PMEA and *make a difference!*

That is THE WHY for you to continue seeking *active engagement and participation* in your professional association – PMEA. "WE" are that proverbial safety net!

### "It takes a village..." and many helping hands to run PMEA!

Now, "how can I help," you ask? First, be sure to register for the conference by Valentine's Day to receive the discount. It costs a whopping \$15 (and it comes with a complimentary breakfast on Friday. Membership has its privileges!) Go to the PMEA website: <https://www.pmea.net/pmea-annual-in-service-conference/>.

We need Presiding Chairs and Registration Aides. To sign-up for a session, complete this form: [https://docs.google.com/spreadsheets/d/1vBKH4GPT-s7Fm7xiuN-h2T4yUTD6go\\_GpoGq\\_cIZHHA/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1vBKH4GPT-s7Fm7xiuN-h2T4yUTD6go_GpoGq_cIZHHA/edit?usp=sharing). To volunteer to assist at registration, send an email to [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).

For the Soon-to-Retire workshop on Friday, April 19 at 10 a.m., we need retired members to serve as guest panelists to share their own "trials and tribulations" (and especially their success stories) about coping with the retirement transition!

### The PMEA Retiree Resource Registry (R3) has been recently renovated!

Even if you cannot attend the conference this year, we need you to re-up and edit your data in the "new & improved" R3. Thank you in advance for all your help!

**(see next page)**



Paul K. Fox, Chair PMEA Council TTRR & Retired Members  
1564 Hastings Mill Road, Pittsburgh, PA 15241-2860

Email: [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com)

<https://www.pmea.net/retired-members/> and

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

412-596-7937

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## It's Time to Roll Up Our Sleeves... *In case you missed this – reprinted from Fall/Winter issue* **Calling on all retirees.** Please take a moment and **SIGN-UP and RENEW YOUR MEMBERSHIP ON THE R3.**

Thanks to large part of the efforts of PMEA Director of Public and Government Affairs Mark Despotakis, R3 has a new face look. Here was his "relaunch of R3" message in the October 2023 *PMEA Digital News*:

*We are excited to be re-launching the PMEA Retired Resource Registry! The new version of the R3 will make it easier for retired members to keep information current in the registry and it will be easier for PMEA members to search the directory to find assistance.*

*PMEA values the vast wealth of experience and contributions of our retired members. The R3 celebrates the unique gifts and professional achievements of our retired members while offering service to PMEA members needing assistance in a variety of areas.*

*If you are retired and would like to offer your assistance to other PMEA members, please follow these simple directions to update your R3 profile:*

<https://www.pmea.net/wp-content/uploads/2023/09/How-To-R3.pdf>

*If you are a PMEA member and would like to search the R3 directory, you can do that **here** on the PMEA website (login required.)*

How does this process work? I will give you a "real live" example.

Say a PMEA member like Suellen Englehard needs some music coaching help. This is from a recently received email sent to me by the Sto-Rox JSJS teacher:

*I am looking for people to volunteer to run sectional practice with my middle school students. Their class meets every day at 8:58-9:39. These kids have very little experience and I need some "experts" to work with them in small groups. We don't have a beginning band class for middle school and some of these kids have never played before. They could come 1-2 times a week during that time to work with them. I would love to have a trumpet, low brass, clarinet, and flute sectionals. They are the groups that need help the most.*

She left me her contact emails: [sengelhard@srsd.k12.pa.us](mailto:sengelhard@srsd.k12.pa.us) and [suellentrischler@yahoo.com](mailto:suellentrischler@yahoo.com).

Once all our retirees complete their profiles following the "How to R3" instructions above, PMEA will be able to share a list of qualified and interested candidates for Suellen to contact. Under the "Focus Area" menu on the PMEA website, a search could be narrowed by selecting the teaching areas, levels, PMEA District or city, and types of volunteer jobs retirees have indicated their interest.

Numerous other scenarios could be imagined. In the past, repertoire or music lesson advice, potential guest conductors, festival chaperones, audition screeners, presenters for regional workshops, etc. have been "found" on the R3.

Until ALL RETIREES have re-registered and revised their profile data, the Retired Member Coordinator will serve to help connect people/requests for assistance using the *old registry list*. Just send an email to [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).

If you would like to schedule a formal (and trained) PMEA Mentor, visit the PMEA Mentor Program website: <https://www.pmea.net/mentor-program/>

**R3 Teaching Areas:** Band, Choral, Composition, General Music, Guitar, History, Instrumental, Jazz, Keyboard/Piano, Marching Band, Modern Band, Music Theory, Orchestra, Research, Show Choir, Special Education, Teacher Education, Technology, Voice

**R3 Volunteer Jobs:** Advocacy, Assessments, Auditions, Booster Groups, Chaperoning at Festivals, Coaching, Community Ensembles, Core Arts Standards, Curriculum/Writing, Festival Preparation, Fundraising, Guest Conducting, Higher Education, Hosting, Leadership Training, Music Performance Assessments, PCMEA & Teacher Training, Professional Development, Research

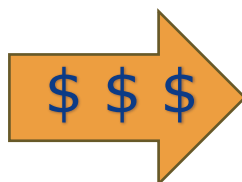
## Help Is Just a Click Away –

## You Can Count on Your Retired Members in R3 & the PMEA Mentoring Program!

## Send a Collegiate to the Conference – PMEA Members Helping PCMEA Members!

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

**DONATIONS STILL BEING ACCEPTED!** If you can manage to contribute \$40 or more to the cause, we can help sponsor needy college students to register for the Erie Conference. Click on the link below. And then, keep your eye out for a future digital *PMEA News* on how the PMEA staff will distribute these funds.



Click on the following link to make a tax-deductible “gift” to help send a PA college music education major to the PMEA Annual Conference in Erie:  
<https://portal.pmea.net/i4a/forms/index.cfm?id=12&pageid=3294>

**PCMEA members:** Watch for future PMEA Digital News and other emails enter your name into the pool of those who will be randomly selected for for a complimentary PMEA registration!

## “Spread the Word” – Looking for Collegiates to Apply for PMEA Scholarships!

<https://www.pmea.net/scholarships-and-awards/>

Many of our retired members are teaching college methods classes, supervising student teachers, or directing ensembles.

We are especially looking to publicize the newest scholarship – Music-for-Lifelong-Learning Award for STEM students in college music!

Also, if asked, we hope you will volunteer (let Abi know) if you are available to screen these Stark-Fox Family Fund Scholarships or to nominate or evaluate other PMEA recognitions.



### Announcing:

A New Scholarship Grant for  
Science, Technology, Engineering,  
or Math Students Who Participate  
in their College Music Program



**Spread the word** to college student musicians and singers! The Pennsylvania Music Educators Association **Music-for-Lifelong-Learning Award**, provided by the Stark-Fox Family Fund in memory of Donald Edward Stark & Paul Francis Fox (engineers and supporters of music education) will be awarded to a full-time, undergraduate or graduate student in a science-technology-engineering-mathematics major or related field of study in an accredited PA institution who has completed at least two semesters. Candidates for consideration of this college expense reimbursement (up to \$5K) must be enrolled for at least one semester in a music performance course (i.e. band, chamber music, chorus, jazz or orchestra). Applications will be accepted in April at <https://www.pmea.net/scholarships-and-awards/>.





## 2024 Annual Conference – “Making Waves” – April 17-20, 2024

The complete schedule is posted at <https://www.pmea.net/pmea-annual-in-service-conference/> and is printed in *PMEA News*.

# Retirement 101

The “Who-What-When-Where-Why-How”  
of Retiree Stories & Strategies”

**PMEA Annual Conference – April 19, 2024**

Paul K. Fox, PMEA State Retired Member Coordinator

Assisted by PMEA Retired Members

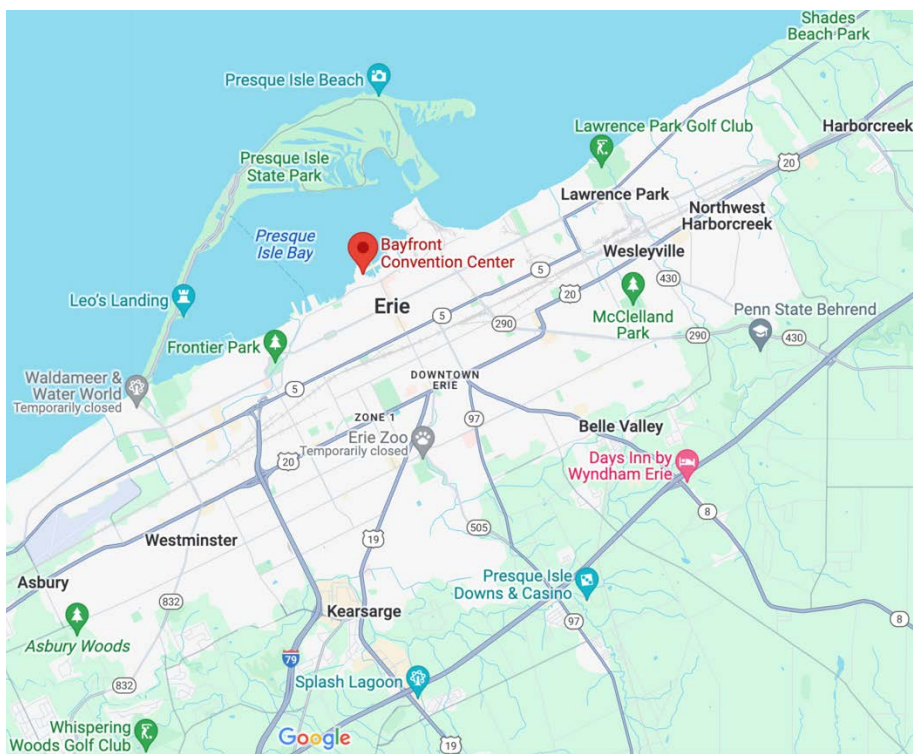
<https://www.pmea.net/retired-members/> <https://paulfox.blog/for-retirees/>

## All PMEA Members:

You are cordially invited to the  
**Retirement 101** session on  
**Friday, April 19 @ 10 a.m.**

## Retired Members:

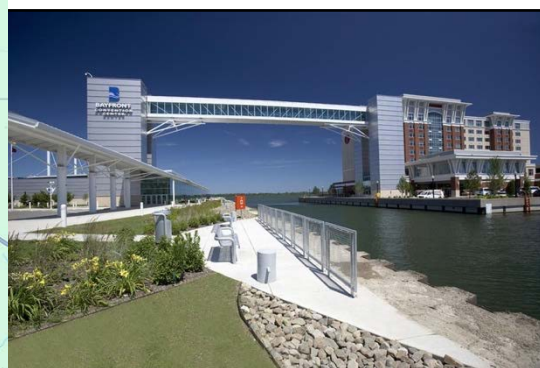
After our breakfast on Friday at 8:30 a.m.,  
please join your Retired Member Coordinator  
to co-present/share your own ideas and  
experiences on successful retirement prep,  
self-reinvention, transitioning, and “living the  
dream” during post-full-time employment.



1 Sassafras Pier, Erie, PA 16507

1-814-455-1260

<http://www.bayfrontconventioncenter.com/>



## Soon-to-Retire/Just-Retired Corner

### The Wisdom of Morrie – Living and Aging Creatively & Joyfully

Check out more retirement book reviews at <https://www.pmea.net/retired-members/>

One of my favorite times at the conference is presenting the session for soon-to- retire members and swap tales and catch-up with those who have already “Crossed the Rubicon.” In Erie, we will convene together after the retired member breakfast (8:30) and do the Retirement 101 worship (10 a.m.) on Friday morning, April 18. Since I have embraced my own “retirement” (perhaps a better term for it would be “refirement” or “rewirement!”) with open arms and feel the future of post-full-time employment life is bright, I love sharing those strategies and stories of happy transitions to “living the dream.” If ever there was a fellow writer who has adopted my philosophy for “living and aging creatively joyfully,” it is Morrie Schwartz. In his *The Wisdom of Morrie* book (based on the multimillion-copy bestseller *Tuesdays with Morrie* by Mitch Albom), you will be treated to thoughtful inspiration and a “voice” that masterfully frames “the gift of aging” as referred to by Harvard Professor Arthur C. Brooks.

It's time for a little reflection! Have you ever done the mental exercise of writing your own obituary or epitaph? What do you want to be remembered for? Well, in his book, Morrie stirs up some deep thinking on these essential questions:

- Who am I really?
- What have I done?
- What is important and meaningful to me?
- What difference does it make that I have lived?
- What does it mean to be truly human, and where am I on that scale?

This will not be a quick read. In fact, I can hardly give it justice to break down all the excellent sections and dive deeply into a meaningful analysis of the book. You have to put this on your bed stand and take time to consume these chapters:

1. Awakening
2. The Emotional Balancing Act
3. Combining Opposite Orientations
4. Expanding Our Awareness
5. Ageism and Age-Casting
6. Issues in Later Life
7. Coming to Terms
8. Aging Well
9. Becoming the Best Person You Can Be

One of my favorite sections is his depiction of opposites, approaching those diametrically opposed extremes of hope and despair. One of the biggest challenges in our transition to retirement is self-reinvention. After the job (which consumed a large portion of our life), we must feel like we still matter, are needed, and have purpose. Morrie is not convinced that “hope springs eternal.” Instead, he presents comparative charts (could be used as scaled rubrics) that contrast the differences between feelings of hope vs. hopelessness during our life passages (a few excerpts of retiree SEL):

#### HOPE

I haven't had enough of life. I want more. My life is not over!

I can manage and stay in control.

It's never too late to start something new. I try to expand my interest in pursuits.

I feel vital, energetic, and enthusiastic.

I can't wait to get up in the morning and get involved in a project I've been working on.

#### DESPAIR

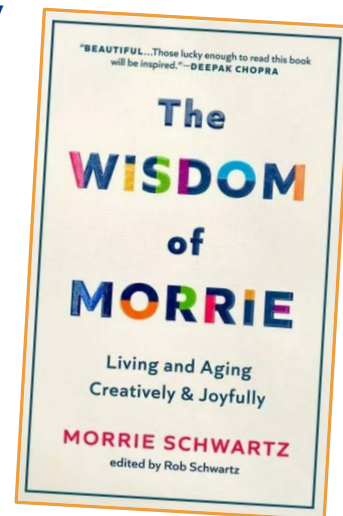
I've had enough and I'm ready to give up. I feel my life is over!

I feel overwhelmed!

It's too late for anything and everything. I live day-by-day with no direction and nothing to do.

I feel old, tired, spent, and depressed.

Oh, God, how I hate to get up and face the day. Let me sleep a little longer.



by Paul Fox

To quote author Deepak Chopra from the front cover: “Beautiful... Those lucky enough to read this book will be inspired.” If you are within a year of retirement or have already made this journey, *run* don't walk to the bookstore and get yours!

## The Retirement Prep "Toolbox" – Sharing Our Evolving "Secrets of Success"

PMEA Retired Members stand ready and willing to help lead you down the path of retirement bliss! The only challenge we face is that "most people don't know what they don't know!" This e-newsletter and the host of other soon-to-retire resources available on the retired members' webpage are often ignored. We hear, "I'm not retired yet!" or when this comes to their in-box, "working stiffs" are too busy to notice. The time for preparing for that big day, reading about "our secret sauce" of recipes to a smooth passage of self-fulfillment is long before you put in your "walking papers!"

Music educators are a collaborative and synergetic bunch! After all, many of us seek to spend a large portion of our waking life in music ensembles! Our conferences and workshops are models of sharing... music, media, and methods! Yes, Retired Members continue to represent an untapped asset (at least not totally utilized). Let's try to connect this "wisdom and experience" with those who can benefit from it... ALL OF US!



To start off, any music teacher who has recently "jumped into" retirement, be sure to revisit the retired member section of the PMEA website and click on the links: <https://www.pmea.net/retired-members/>. I'll bet you missed a blog-post or an issue or two of eNEWS! And if you are planning to attend the Erie Conference, please bring your best stories or suggestions to the Retirement 101 session on Friday at 10 a.m.

Anyone who is contemplating retirement should get started with opening up the virtual toolbox (above link) or peruse the parallel paulfox.blog site of articles on retiree health, wellness, and preparations... not so much to deal with finances or estate planning, but to cope the expected emotional ups-and-downs of "what do you want to be when you grow up?" and make new *life lesson plans* and personal goals.

Check out the archives at <https://paulfox.blog/category/retirement-resources/> or <https://paulfox.blog/for-retirees/>.

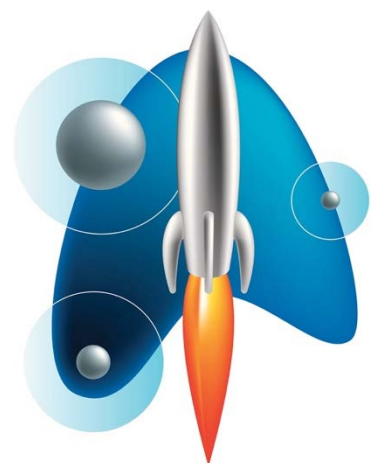
## T-Minus ?? & Counting... Mission Control Launch to Retirees' "Living the Dream"

<https://www.pmea.net/wp-content/uploads/2019/10/Retire-Prep-Revised-102219.pdf>

Although written during the pandemic (when we all seemed to have more free time at home) and not recently updated, the above link will take you to **A Working Checklist for "Crossing the Rubicon" to the Perfect Retirement.**

Here are excerpts (from NASA?) to start your own retiree countdown of "months, weeks, days, or minutes" to liftoff:

- **INTEGRATION (stacking the rocket stages and the payload together):** Explore the entire PMEA Retired Member webpage: <https://www.pmea.net/retired-members/>
- **ROLLOUT (moving the rocket to the launch pad):** Download and read the Ultimate Retiree Resource Guide from the above link or <https://paulfox.blog/for-retirees/>
- **FUELING:** View our **PMEA How-to-Retire Video:** [https://youtu.be/LluJ\\_0ctC4o?si=opyHYJpY5cp8ydlK](https://youtu.be/LluJ_0ctC4o?si=opyHYJpY5cp8ydlK)
- **PRELAUNCH CHECKS:** Assess your preparation status by reading retirement articles from past issues of *PMEA News* and Retired Member Network eNEWS (again – review "Retiree Resources" from the PMEA website)
- **STARTING UP THE ROCKET (switching on its internal power sources, rocket control systems, etc.):** Read cover-to-cover (and share with your loved ones) a couple retirement books from the PMEA retiree book review archives, especially authors like Kenneth Blanchard, David Borchard, Robert Delamontagne, Dave Hughes, Steven Price, Nancy Schlossberg, Hyrum Smith, and Ernie Zelinski: [https://docs.google.com/document/d/1bGkx4rqDE2m3JunmMailp2pThkSTWS1xWoiKIk3\\_qWA/edit?usp=sharing](https://docs.google.com/document/d/1bGkx4rqDE2m3JunmMailp2pThkSTWS1xWoiKIk3_qWA/edit?usp=sharing)
- **STARTING THE ENGINES (checking if they work properly):** Do the "serious stuff!" Consult PSERS (or other pension fund) managers and make appointments with a financial planner, estate planner, and/or elder attorney (probably all three). Project your net worth, assets, liabilities, and devise a post-employment household budget. While you're at it, update your will and other important legal documents. Visit this recent blog on effective estate planning: <https://paulfox.blog/2023/09/12/25-steps-for-estate-planning/>
- **LAUNCH:** Now you're ready to "boldly go where no one has gone before!"





## In Memoriam – John C. Fisher

Our condolences and best wishes go to the family, friends, former students, and colleagues of John Fisher of Brentwood, PA, who passed away on January 18, 2024.

Here is the link to his obituary:

<https://johnfslater.com/obituaries/john-c-fisher/>

Our reflections of his career and contributions to the profession:

- PMEA District 1 President from 1989-1991
- Band Director for South Allegheny HS from 1968-1991 and later for Thomas Jefferson HS (West Jefferson Hills School District).
- Assistant director/percussion coach of the South Hills Junior Orchestra
- Well-known percussion instructor whose studio players earned numerous high rankings at PMEA festivals
- Professional drummer who played for various artists that came to town (Western PA area)

If desired, family suggests memorial contributions sent to

South Allegheny Band  
Attention: Jessica Kovacs  
2743 Washington Boulevard  
McKeesport, PA 15133

WITH DEEPEST  
*Sympathy*

First year as director of  
the South Allegheny HS  
Marching Band  
(circa 1968)



## Masterful “Musical Marketer” – Spotlight on (un)Retired Member Mark Jelinek

Editor’s Note: I always ask for news, views, articles, and announcements from our retirees but rarely get a response as “awesome” as the emails from Southwest Symphony (SWS) Artist Director and PMEA retiree Mark Jelinek. Many of you are continually reaching out in the making of music and education in community ensembles, and as in this case, “proselytizing our faith” for the need to support music education, creative self-expression, music in the schools as well as for lifelong learning! Check out Mark’s SWS Youth Series video promoting his Instruments at Play program (1/29/24): SWS Youth Series: <https://drive.google.com/file/d/1FcYj8fNTIDxVNNbxPHELfZoYf45c4h7-/view?usp=gmail>



**2023-2024 Season Celebration!**  
**INSTRUMENTS AT PLAY**  
PRESENTED BY SOUTHWEST SYMPHONY ORCHESTRA

**MONDAY • 1/29/24 • 7pm**  
**R.N. Tydings Auditorium**

SPONSORED BY  
Lea County State Bank, Merrill Lynch Bank of America Corporation

FUNDED IN PART BY  
jfmaddox foundation, Hobbs

**PROGRAM**

Orpheus in the Underworld Overture	Jacques Offenbach 1819-1880
Orchestra Games	Gregory Smith
-Intermission-	
Selections from E.T.	Williams/Cacavas
Coco	Michael Giacchino 1967-
What's Up at the Symphony?	arr. Jerry Brubaker

Mick Cavanaugh, Narrator

Southwest Symphony Orchestra would like to thank Mick Cavanaugh for lending his vocal talents to the narration of tonight's concert!

**SAVE the DATE 3 MAR**

**SUNDAY, MARCH 3, 2024 • 3:00PM**  
**FIRST METHODIST CHURCH • HOBBS**

This season Southwest Symphony's Artistic Director, Dr. Mark Jelinek, will serve as a guest cellist. Dr. Jelinek is a Hobbs native and holds a BME and MA from ENMD, as well as his Doctor of Musical Arts from ASU, where he studied cello and conducting. Selections for this concert will include "Beethoven's 5 Secrets" and "Kol Nidrei" along with the Symphony playing Mendelssohn's "Reformation" Symphony.

- RECIPROCITY WITH ROSWELL SYMPHONY ORCHESTRA -

Again this season, we have entered into a reciprocity agreement with the Roswell Symphony Orchestra. This allows our ticket holders free entry to select performances held at the Pioneer Auditorium in Roswell. If you are interested in attending any of these out-of-town concerts, just give your SWS Season Ticket Book for admission.

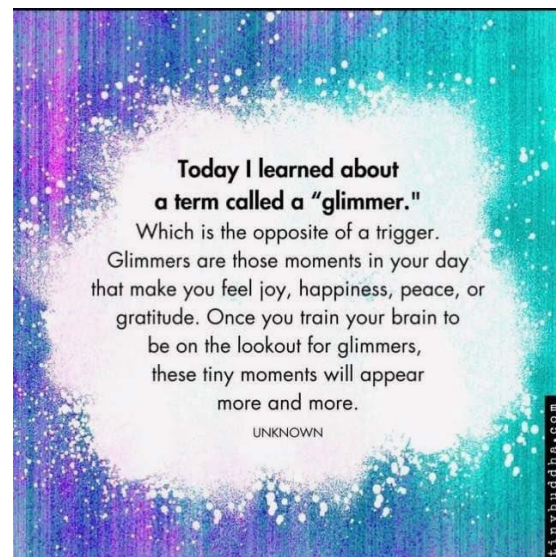
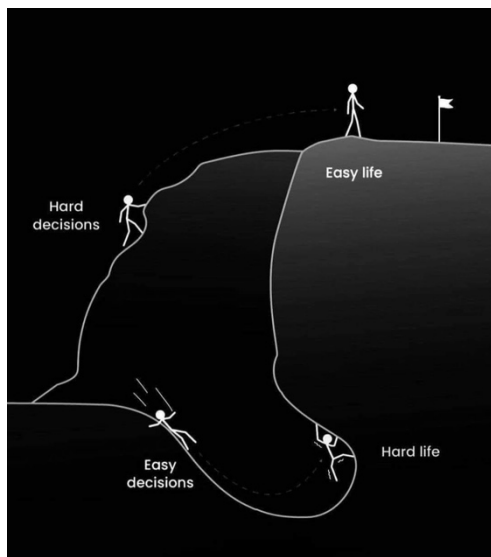
Performing at the NM Military Institute campus in Roswell

February 24, 2024 • Masterworks: Beethoven, Mendelssohn & Haydn  
April 27, 2024 • The Pirates of Penzance

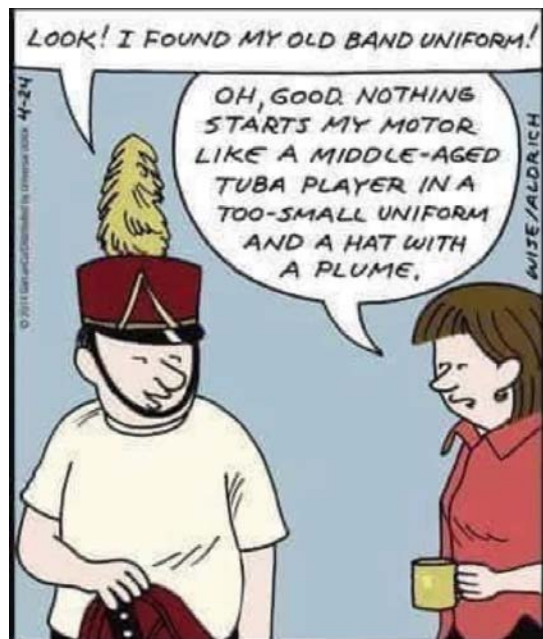


## Graffiti – Some Inspiration from Retirees

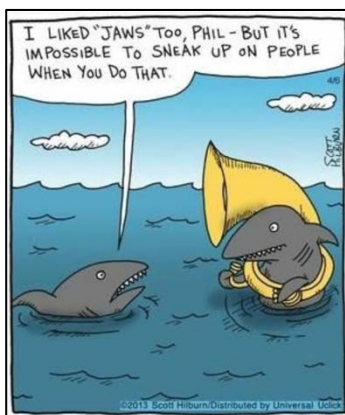
Send your humorous or thoughtful "clippings" to [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).



## Graffiti 2 – Humor from the Tuba Section... and more!



What Mr. Fox asked for his birthday present. Think he'll get one "super-sized?"



## Dozen Golden Rules for Ensemble Playing

<https://elliott-randall.com/2011/06/golden-rules-for-ensemble-playing/>

1. Everyone should play the same piece.
2. Stop at every repeat sign and discuss in detail whether to take the repeat or not. The audience will love this a lot.
3. If you play a wrong note, give a nasty look to one of your partners.
4. Keep your fingering chart handy. You can always catch up with others.
5. Carefully tune your instrument before playing. That way you can play out of tune all night with a clear conscience.
6. Take your time turning pages.
7. The right note at the wrong time is a wrong note (and vice versa).
8. If everyone gets lost except you, follow those who get lost.
9. Strive to get the maximum NPS (note per second). That way you gain the admiration of the incompetent.
10. Markings for slurs, dynamics and ornaments should not be observed. They are only there to embellish the score.
11. If a passage is difficult, slow down. If it's easy, speed it up. Everything will work itself out in the end.
12. If you are completely lost, stop everyone and say, "I think we should tune."

[Click on link above for more of these "gems!"]



## Heard Through the "Vintage" Grapevine...

Do you know these people? Send in your own pics or clips to [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).



25

**Can you pick out Cynthia Miller-Aungst?**

SUNDAY, FEBRUARY 25, 2024 AT 3 PM – 6 PM

**Annie M. Gaul Concert Series presents Centre Park Flutes**

St. John's (Hain's) United Church of Christ 591 N Church Road, Wernersville, PA 19565



**Chuck likes to start 'em young!**

## Judy's 34<sup>th</sup> Tuba Xmas



**INDIANA COUNTY CHORUS 2024**

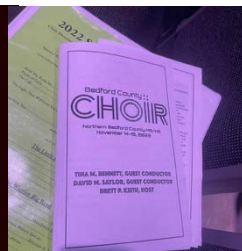
TREBLE CHOIR

DIRECTED BY MRS. TINA BENNETT

HOST DIRECTOR MS. LAURA ROOT

HOMER-CENTER JUNIOR SENIOR HIGH SCHOOL  
THURSDAY, JANUARY 18TH

**Tina's been very busy in retirement!**



**Mark Mecham at the Lebanon Valley College  
Messiah Sing-In on November 11, 2023**

## "Fox Finds" – New Book Looks

Need some interesting reading material? Check these out!



← **Lesley Moffat has released a cookbook for busy music teachers, perfect even if you are retired!!**

**Have you seen either of these Ron Clark books?**

