



Welcome to **eNEWS**, the **PMEA Retired Member Network**... an informal alliance and forum for interconnecting retired music educators, and sharing their ideas, stories, successes, news, and views. Thank you for staying involved in PMEA and our profession!

A trio of retirement “funnies”

by Lynette Gil at LifeHealthPRO <http://www.lifehealthpro.com/2015/09/16/31-of-the-best-retirement-jokes>

A not-so-nice Canadian? - from Unijokes.com

An elderly Canadian gentleman of 83 arrived in Paris by plane. At the French customs desk, the man took a few minutes to locate his passport in his carry-on bag.

“You have been to France before, monsieur?” the customs officer asked, sarcastically. The elderly gentleman admitted he had been to France previously.

“Then you should know enough to have your passport ready.”

The Canadian said, “The last time I was here, I didn't have to show it.”

“Impossible, Canadians always have to show their passports on arrival in France!”

The Canadian senior gave the Frenchman a long hard look, then he quietly explained, “Well, when I came ashore at Juno Beach on D-Day in 1944 to help liberate this country, I couldn't find any Frenchmen to show it to.”

It hurts all over! - from Retirement-quotes.com

The retired guy goes to the doctor and says, “Doc, I ache all over. Everywhere I touch it hurts.”

The doctor replies, “OK. Touch your elbow.” The guy touches his elbow and winces in genuine pain.

The doctor, surprised, then states, “Touch your head.”

The guy touches his head and jumps in agony. The doctor asks him to touch his knee and the same thing happens. Everywhere the guy touches he hurts a lot.

The doctor is stumped and orders a complete examination with X-rays, etc. He tells the guy to come back in two days.

Two days later the guy comes back and the doctor declares, “We've found your problem.”

“Oh yeah? What is it?” asks the retiree.

“You've broken your finger!”

Zing! One-liners - from Jokes4us.com

Why do retirees smile all the time? Because they can't hear a word you're saying!

Why don't retirees mind being called seniors? The term comes with a 10 percent discount.

How do you know you're old enough to retire? Instead of lying about your age, you start bragging about it!

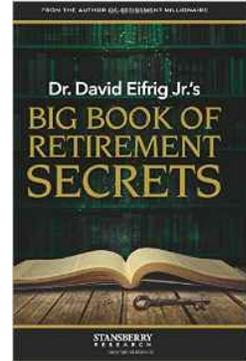




Dr. David Eifrig Jr.'s Big Book of Retirement Secrets

published by Stansberry Research - quotes from the back cover

"I'm from Missouri" (as they say) when it comes to blindly swallowing investment and personal advice from the financial "experts." The more you read, the more you realize that despite their "claims," no one has a crystal ball for the future. However, this very-large paperback had a lot of charm... and some of his recommendations seemed to echo the "common sense" suggestions my mother taught me! At any rate, this may be a publication you place in the (ahem) "reading room" in your house for frequent but short exposures to *The Doc's* tips/witticisms.



"It's time to look at retirement in a completely different way.

"Erase the dangerous information you've been spoon-fed since you were too young the difference about your money, your health, and how things work in America.

"Dangerous beliefs like, 'Go to school and get a job with a big corporation, and it takes care of your retirement...' 'Buy mutual funds and everything will be fine by the time you retire...' or 'Wall Street will take care of your money...'

Here's the truth: The only one who will take care of you in your retirement is you."

Here are the sections of his book.

- Part I: The *Retirement Millionaire* Manifesto
- Part II: Retirement Loopholes
- Part III: Investment Secrets
- Part IV: The Keys to Investment Secrets
- Part V: Foods to Seek Out, Foods to Avoid
- Part VI: You and Your Doctor
- Part VII: Health Tips and Secrets
- Part VIII: Beat the Health Care System
- Part IX: How to Create a Richer Retirement
- Part X: Protect Your Privacy - Essentials of Digital and Everyday Privacy in America

Even though I am reserving judgment on all his "money talk" laid out in the first four sections (although his "Four Rules of Thumb to Collect Income and Grow Your Wealth Safely" may be worth studying), I enjoyed the chapters on "Coffee Will Help You Live Longer" (based on my consumption, I may live to Moses' age) and "19 Foods That Can Help Small Everyday Ailments, and Some Big Ones" touting the benefits of oysters, beans, chewing gum, kale, nuts, berries, certain spices, tomatoes - among others.





Everything you always wanted to know about... Erie, PA!

site of the 2017 PMEA Spring Conference on April 20-22, quoted from the PA official tourism website

Erie is the Commonwealth's only Great Lakes port city. Swimming, boating, and fishing are abundant at Presque Isle State Park; with 7 miles of beaches, world-class sunsets and plentiful outdoor recreation. Erie offers cultural and historical attractions, AA baseball, OHL hockey, NBA D-League Basketball, cross-country and downhill skiing, golf, theater, shopping, wineries, amusement parks, a casino and more. Lake Erie is the world's 13th-largest natural lake and home port of the U.S. Brig Niagara, the flagship of Commodore Perry. The Niagara was vital to the Commodore's victory at the Battle of Lake Erie in the War of 1812; she is now a floating maritime museum. Erie is home to the oldest land lighthouse on the Great Lakes and was chosen as one of the top-20 family-fishing spots in the nation by Field & Stream. The city was named for the Eriez tribe, who spoke an Iroquois language. "Erie" means "raccoon."



Erie, Pennsylvania

Besides attending PMEA events... what else can a retiree do in Erie?

Thanks to Hannah Schurr, Manager of the Erie Convention Center

As usual, there are numerous opportunities to enjoy many PMEA "state-of-the-art" concerts, exhibits, sessions, and meetings... but, just in case you want to have a little fun and explore the area a little, the tips below came from an Erie resident. Hannah does not even mention the indoor water park [Splash Lagoon](#) and [Presque Isle Downs & Casino](#). What is their new slogan? "Visit Erie: Explore, Stay, Eat & Drink!" Check it out at <http://www.visiterie.com/>. Get an *Adventure Guide* at <http://www.visiterie.com/adventure-guide/>.

[Erie Art Museum](#) (Admission adults \$9, senior citizens \$7; Hours: 11am-5pm Tues-Sat, 1-5pm Sun) <http://erieartmuseum.org/>. The Erie Art Museum is one of the region's great cultural treasures, presenting 15 quality exhibitions and a rich array of programming and performances.

[Erie Maritime Museum/U.S. Brig Niagara](#) (Admission: adults \$10, seniors \$8; Hours: 9am-5pm) <http://www.flagshipniagara.org/>. Enter the world of Lake Erie. Learn its history. Find out about fishing. From the War of 1812 through present day, the Erie Maritime Museum will take you through time, the people, and the events surrounding Lake Erie. When in homeport, the ship herself is the premier "exhibit." Berthed within yards of the museum, the U.S. Brig Niagara is visible from the museum's bayside picture window. Inside, the centerpiece exhibits of the museum range from a former steam-powered electricity generating station and a reconstruction of the mid-ship section of the Lawrence to a separate section of the Lawrence replica that has been blasted with live ammunition from the current Niagara's own carronades.



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by Paul K. Fox, PMEA Retired Members Coordinator

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Erie Playhouse (Tickets available for purchase: *Showboat*; April 21-23)

<http://www.erieplayhouse.org/shows/2016-17/showboat>. With a dedicated staff of 12 full-time professionals and literally hundreds of volunteers, the Erie Playhouse boasts a spectacular season of provocative and diverse Mainstage plays and musicals, as well as an engaging roster of musicals for the young theatre-goer as part of their vital Youth Theater program. Add to that one-of-a-kind concerts and captivating special events. We invite you to join us for our 2016-2017 season filled with "a century of dramatic moments on a single stage."

Lake Erie Wine Country (Hours vary by location) <http://www.lakeeriewinecountry.org/>. Lake Erie Wine Country is located between Harborcreek, Pennsylvania and Silver Creek, New York. With only a handful of stop lights from beginning to end, your drive through almost 50 miles of vineyards in Lake Erie Wine Country will transport you to a bygone era, where people are friendly, and sleepy, quaint Victorian towns are calm and inviting. Along the way you'll enjoy stopping at any or all of our 23 wineries to sip, swirl and savor the true taste of our region.



Presque Isle State Park (Free admission; Hours: sunrise to sunset)

<http://www.presqueisle.org/about/tour-the-park/>. Whether by bike, boat, foot or vehicle, there are several ways to tour the beautiful 3,200-acre sandy peninsula known as Presque Isle State Park. As Pennsylvania's only "seashore," Presque Isle offers its visitors a beautiful coastline and many recreational activities. Presque Isle State Park is a 3112 acre Pennsylvania state park on an arching, sandy peninsula that juts into Lake Erie, 4mi west of the city of Erie, in Millcreek Township, Erie County, Pennsylvania, in the United States. The peninsula sweeps northeastward, surrounding Presque Isle Bay along the park's southern coast. It has 13mi of roads, 21mi of recreational trails, 13 beaches for swimming, and a marina. Popular activities at the park include swimming, boating, hiking, biking, and birdwatching.

Tom Ridge Environmental Center (Free admission; Hours: 10am-5pm) <http://trecpi.org/index.html>.

TREC is an interpretive facility for the unique peninsula known as Presque Isle State Park on the southern shore of Lake Erie. This multi-use building not only serves as a visitor's gateway to the Park and the Great Lakes Region, but also houses exhibits, educational facilities, research laboratories, and administrative space for various natural resource-related organizations

HELP! We still need info booth volunteers!

Can you help run the **PMEA Info Booth** at the conference, hand out materials, answer questions, sell PMEA memorabilia, etc. - in short, "chill out" for an hour or two? Please indicate your availability on one or more of these times by emailing paulkfox.usc@gmail.com.

Thursday, April 20

- 10:30 a.m.
- Noon
- 1:30 p.m.
- 3:00
- 4:30

Friday, April 21

- 8:15 a.m.
- 9:45
- 11:15
- 12:45 p.m.
- 2:15



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Retirement blog-of-the-month from *The New York Times*

“Warning to Retirees Who Take Up Music: The Cat May Flee the Room!”

by Joanne Kaufman, shared by Mark Despokatis, Chair of the PMEA State Advocacy Council

<https://www.nytimes.com/2017/01/27/business/29retiringplaying-instrument-in-retirement-piano-flute-horn-chorus-ensemble.html>

Probably a sign of the times... baby boomers who have hit retirement age are reclaiming their joy of making music and creative self-expression! A growing number of retirees are returning to the instruments they performed during childhood, or are taking lessons for the first time on piano, flute, horn, or other musical choices. Check out this article which cites numerous benefits from [the New Horizons International Music Association at the Eastman School of Music](#) and other organizations. This is a MUST READ!

R³ – What’s in it for me?

Based on post-employed PA music teachers' responses, PMEA Retiree Resource Registry (a.k.a. R³) offers a comprehensive record of present and past job assignments, history of career achievements and awards, current professional music and music education activities, and special talents and interests. Enlightening and inspirational reading, the registry serves as a “who’s who” directory of past leaders in Pennsylvania music programs, as it documents the amazing contributions of some of our still most active albeit retired PMEA members.



First initiated in February 2015, the purpose of R³ remains three-fold:

- Maintain an archive of participating retired members' employment history, titles, accomplishments, projects, honors, etc.
- Provide to PMEA officers, staff, and membership a volunteer pool of available free services with a list of interested and competent informal mentors, consultants, and advisers.
- Publish contact information of accompanists, adjudicators, guest conductors, and other professional services for part-time hiring.

To use this service, all one has to do is go to the retired member section of the PMEA state website and download the current R³ roster and R³ Help Index, both documents being updated periodically to reflect new/changed data received:

<http://www.pmea.net/retired-members/>.

Interested retired members can sign-up for the R³ by completing the online survey:

<https://pmea.wufoo.com/forms/pmea-retiree-resource-survey/>.

We welcome our most recent R³ registrant who will be added to the registry the next time it is updated: **Joyce Gerstenlauer** from Cumberland County. Thanks for joining!

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More Installments from Dave Hughes' *Retire Fabulously*:

“8 Things That Matter More Than Money for a Happy Retirement”

<http://retirefabulously.com/blog/2017/02/06/8-things-matter-money-happy-retirement/>

“18 Questions to Ask Yourself and Your Spouse Before You Retire”

<http://retirefabulously.com/blog/2017/01/09/18-questions-ask-spouse-retire/>

Dave Hughes has to be one of the most prolific writers... and I always try to share his “latest and greatest,” but by the time I finish the layout of our **eNEWS**, he has sent another or three articles! The best advice I can give you? If you like his style and content (and I do), subscribe to his e-mail series, and you will receive as many as two blogs per week! It is a “free” service (although he will accept “tips”). That way, you can “keep up!” Go to the bottom of his “Getting Started” section of the website:

<http://retirefabulously.com/new-start/>.

Breakfast is served... and “on the house!”

One of my favorite times of the year is the annual PMEA “thank you very much” breakfast meeting at the PMEA spring conference. This year, we will hold our “celebration of the good life” at 7 a.m. on Friday, April 21 in the Bayfront Erie Convention Center.

Nothing serious... just an opportunity to relax and catch-up with our retired colleagues.

If you know you are attending the conference and will stay through Friday morning (and are not already busy golfing, swimming, fishing, getting wet at Splash Lagoon, gambling at the Presque Isle Casino, sampling wines in the Lake Erie Country, or enjoying other Erie attractions), please RSVP me at: paulkfox.usc@gmail.com.



It deserves being repeated here... We also need several more volunteers to help serve an hour or two at the **PMEA Info Booth**. Contact me at the same e-mail ASAP.

Newest blogs from WordPress and select videos about music on TED Talks

- <https://paulkfoxusc.wordpress.com/2017/02/13/how-retirement-has-changed-me/>
- <https://paulkfoxusc.wordpress.com/2017/01/27/body-language-interviewing-for-a-job/>
- https://www.ted.com/playlists/79/maestros_if_you_please
- <https://www.ted.com/playlists/18/virtuosos>
- https://www.ted.com/playlists/156/the_remix

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Grammy “Teacher of the Year”

From the “Grammy in the Schools” webpage

“For every performer who makes it to the GRAMMY stage, there was a teacher who played a critical role in getting them there. And really, that’s true for all of us who are making music today. Maybe they introduced you to your first instrument. Or they showed you how to get over your stage fright. Or maybe they just inspired you to have the confidence to go for it when you were ready to give up.

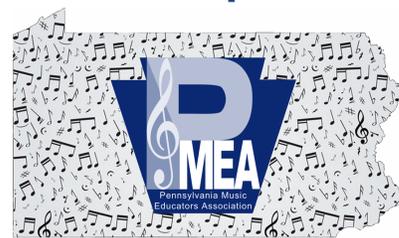
“It’s time to say thank you to ALL of those teachers who put in ALL of those hours to make sure that ALL of us love and play music today! And who better to do that than the people who bring you the GRAMMY Awards?”

“We’ll select 10 finalists including one winner each year to be recognized for their remarkable impact. The winner will be flown to Los Angeles to accept the Award and attend the 59th Annual GRAMMY Awards on February 12, plus pick up a \$10,000 personal honorarium. All finalists will receive a \$1,000 honorarium, while semifinalists receive a \$500 honorarium.”

Drum roll, please... And the 2017 Grammy Teacher of the Year winner is... **Keith Hancock**. The announcement was made on *CBS This Morning* on February 8. Check out the video at <http://www.cbsnews.com/videos/california-choir-teacher-honored-with-grammy-music-educator-award-2017/>.

Plan to attend Music Education Advocacy Day at the PA State Capitol!

Retired members’ voices are critical to the goal of making music and arts education a reality for every child in Pennsylvania. The schedule, “talking points,” quick tips, and logistical information about the PMEA Music Education Advocacy Day on March 20, 2017 has been posted at <http://www.pmea.net/specialty-areas/advocacy/>.



Music Education Advocacy Day

Schedule

9:30 am - 10:30 am - PMEA Training/Briefing - Room 108 Irvis Office Building

11:00 am - PMEA News Conference - Main Rotunda

12:00 pm - Episcopal Academy Fifth Grade Band, Orchestra and Chorus - Deborah Newnham, Director - Main Rotunda

12:00 pm - Altoona Area Junior High School String Ensemble/Vocal Ensemble - Kelly Detwiler, Director - East Wing

1:15 pm - Plymouth Whitmarsh High School String Ensemble - Elise Derewitz, Director - East Wing

[Click here to register for PMEA Advocacy Day](#)

Happy trails, retirees. We would love hearing from you. Take a moment to share a story or even a joke! This is YOUR forum! Also, be sure this eNEWS is not accidentally “lost” in your “promotions” or spam folders. Take care! PKF

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