



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!

Childcare specialists: Check out the American Grandparents Association

"Jokes for Kids" from the editors of *Grandparents.com*

<http://www.grandparents.com/grandkids/activities-games-and-crafts/sneak-preview-jokes-for-kids>

- Why are graveyards so noisy? Because of all the coffin!
- Why couldn't the teddy bear finish dinner? He was stuffed.
- How do you know if your clock is crazy? It goes "cuckoo!"
- What sound do porcupines make when they kiss? Ouch!
- Why was the broom late? It over swept.
- What animal can jump higher than a house? Any animal - a house can't jump.
- What did the buffalo say to his kid when he dropped him off for school? Bison.
- Why were the ink spots crying? Because their mother was in the pen and they didn't know how long the sentence would be.
- What area of a room is the warmest? The corner - it's always about 90 degrees! !



Practical jokes played on symphony musicians

One excerpt from "5 Great Orchestra Pranks" from the Baltimore Symphony's website

Related book: *Smiles, Pranks and Coughs at the Israel Philharmonic Orchestra* by Yaacov Mishori

<https://www.bsomusic.org/stories/5-great-orchestra-pranks.aspx> (more to share in a future eNEWS)

If there is a musician equivalent of the common taking-a-test-you-haven't-studied-for nightmare, it is probably what happened to the Israel Philharmonic Orchestra concertmaster. Violinist Uri Pianka was scheduled to perform Tchaikovsky's Violin Concerto, but conductor Zubin Mehta decided he would play a prank on his concertmaster.



In *Smiles, Pranks and Coughs at the Israel Philharmonic Orchestra*, author Israel Philharmonic horn player Yaacov Mishori explains that Mehta told everyone else in the orchestra they would play the introduction to the Mendelssohn Violin Concerto instead of Tchaikovsky's. To make matters worse for the violinist, while the Tchaikovsky concerto has an extended orchestra opening before the soloist comes in, the Mendelssohn violin entrance is almost immediate.

"The shock on the soloist's face was noticeable, but to his credit, he regained his poise within seconds and began playing the Mendelssohn," Mishori writes.

Two minutes in, Mehta stopped the orchestra and let the audience in on the joke. Pianka took the joke in good humor but admitted that for a moment he worried about his memory.

In case you think giving your concertmaster a heart attack is an uncommon practice in the orchestra world, the Berlin Philharmonic pulled the same prank on their soloist in a 2013 rehearsal.

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





PMEA Retired Member Network eNEWS: June 10, 2017

by Paul K. Fox, PMEA Retired Members Coordinator

Page 2 of 6

New online articles on retirement!

- "5 Tips for People Who Will Retire in 2017" (*US News & World Report*) by Emily Brandon: <http://money.usnews.com/money/retirement/boomers/articles/2016-11-21/5-tips-for-people-who-will-retire-in-2017>
- "The 10 Best - and Worst - U.S. States for Retirement" (*CBS Money Watch*) by Kim Peterson: <http://www.cbsnews.com/media/the-10-best-and-worst-states-for-retirement/>
- "Why Bodybuilding at Age 93 is a Great Idea" (*TED Talk*): <https://www.youtube.com/watch?v=rGgoCm1hofM>
- "Retirement Articles" - mostly about financial subjects... (*Investopedia*) <http://www.investopedia.com/articles/retirement/>
- "A Culture of Innovation in Senior Living" (*Galloway Ridge at Farrington*): https://gallowayridge.com/a-culture-of-innovation-in-senior-living/?gclid=CjwKEAjwtLTJBRCvibaW9bGLtUESJAC4wKw1fUXIMmr1wI7FgATMflk-wP8hAko6QJ382JR2SV1P8BoCBEDw_wcB

PMEA advocacy update

It's not too late for all PMEA active and retired members should be to participate in the "2017 Legislature Asks," lending your support to increase education funding in Pennsylvania and to ensure Pennsylvania's Every Student Succeeds Acts state plan includes a well-rounded education including music. YOU can make a difference! Take action by clicking on <https://cqrcengage.com/pmea/app/take-action?engagementId=311573>.

Other links to peruse:

- "PMEA Interviews Pennsylvania Education Committee Chairs - Representative Jim Roebuck and Senator Andy Dinniman" by PMEA's Advocacy Chair Mark Despotakis on March 20, 2017: <https://youtu.be/3Sj3yO2okZM>.
- PMEA's Press Conference on March 20, 2017 celebrating Music In Our Schools Month and discussing PMEA's 2017 policy asks. Speakers included Mark Despotakis, PMEA Advocacy Council Chair Pennsylvania, Representative Eddie Day Pashinski, Dr. John Molnar, Superintendent, Southmoreland School District, Amanda Kan, Plymouth Whitemarsh (Colonial School District) High School Student, Benjamin Wightman, Plymouth Whitemarsh (Colonial School District) High School Student, Tooshar Swain, NAFME Legislative Policy Advisor, and Henry Pearlberg, PMEA State President. <https://cqrcengage.com/pmea/17advocacyvideo>



(Left to right) Mark Despotakis, Eddie Day Pashinski, Henry Pearlberg, and Abigail Young.

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





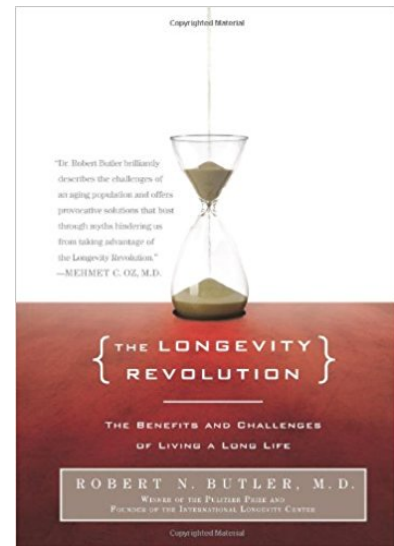
Book reviews of *The Longevity Revolution...*

<http://www.nejm.org/doi/full/10.1056/NEJMbkmrev59980#t=article> and
www.contingencies.org/janfeb09/booklinks.pdf

Amazon description of the book *The Longevity Revolution - The Benefits and Challenges of Living a Long Life* by Robert Butler, M.D. (PublicAffairs 2008):

"Pulitzer-prize winning author Dr. Robert Butler coined the term 'ageism' and made 'Alzheimer's' a familiar word. Now he brings his formidable knowledge and experience in aging issues to a recent and unprecedented achievement: the extension of human life expectancy by thirty years. As Butler shows, our society had not yet adapted to this change.

The U.S. has not made a research investment in aging. Only eleven medical schools out of 145 have geriatrics departments compared to England where geriatrics is the number two specialty. We have not solidified private pension plans or strengthened Social Security to ensure that people do not outlive their resources. In this urgent and ultimately optimistic book, Dr. Butler shows why and how we must re-examine our personal and societal approach to aging right now, so that the boomers and the generations that follow may have a financially secure, vigorous, and healthy final chapter life."



Helpful sites for "seniors caring for seniors" – part 2

Offering a more comprehensive and convenient one-stop "help warehouse," the second installment of website suggestions from Marie Villeza and Kayla Harris can be read at my blog-site: <https://paulkfoxusc.wordpress.com/2017/05/28/seniors-helping-seniors/>

"As we progress through our 'golden years,' you may have noticed you had to switch roles with your parents or other elderly relatives... you're becoming more the parent, advisor or 'boss,' and they are needier and have reverted to being the 'child!'

"For many of us, this means we share new responsibilities and jobs as 'caregivers!'

"I feel blessed to have 'found' and connected with Marie Villeza and Kayla Harris at <http://elderimpact.org>. Talk about their insight and generosity! This material comes at a perfect time for all teacher retirees! They have agreed to research and share many support networks and other resources for improving eldercare, senior mobility, special needs and accommodations, and general tips on health, aging, jobs, and finances."





Coda... the funniest retirement speech?

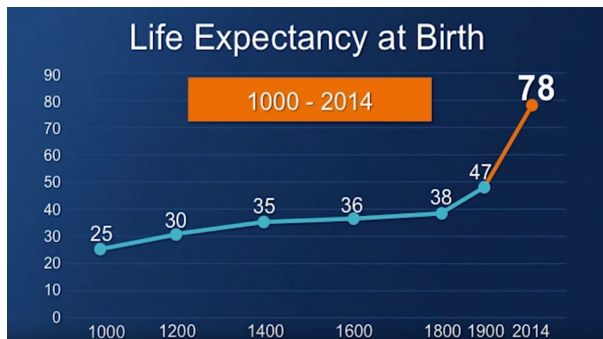
A retiring science teacher looks back at 40 years in the classroom, and presents a final farewell to an extremely appreciative audience (frequent and very loud laughter):

<https://www.youtube.com/watch?v=o89T2gAQgE4>.

Life expectancy and the longevity marketplace... more statistics

At the May 23, 2017 AARP Innovations@50+ gathering of entrepreneurs and investors, gerontologist Ken Dychtwald (www.agewave.com) offered a mind-stretching glimpse into the longevity-based future and explored which industries, products and services will dominate the longevity marketplace - most of which are currently hiding in plain sight. After a brief presentation, he was joined by NBC's Jean Chatzky for a candid and illuminating fireside chat about ageism, longevity, and personal ups-and-downs in life's second half. Please review the video at <http://agewave.com/watch-ken-dychtwald-explain-how-to-capitalize-on-the-longevity-marketplace-at-aarps-innovation50/>.

How to Capitalize on the Longevity Marketplace
May 23, 2017



Numerous other keynote addresses regarding "aging issues," changing demographic trends - both generation- and gender-related, new financial and life-style responsibilities, and economics, presented by Ken Dychtwald, Maddy Dychtwald, Dan Veto, and Erin McInrue Savage are available at <http://agewave.com/what-we-do/keynote-presentations/>.

<https://youtu.be/GQujfJPqjrc>

Coming soon... updates/details about the PMEA Summer Conference

In the next **Retired Member Network eNEWS**, we will share the planned workshop sessions and speakers for the PMEA Summer Conference on July 18-19, 2017 at the Penn Stater in State College. However, retirees are especially encouraged to register: time will be provided for our own focus-area meeting and presentation on retirement.

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>





Guest article: “Is Your Retirement a Destination or a Journey?”

by Dave Hughes (specifically written for PMEA Retired Members)

Ralph Waldo Emerson’s quote, “Life is a journey, not a destination” has been appropriated and adapted for many purposes, and it definitely applies to retirement. Retirement is a part of life, after all.

If you’re like many people, throughout your working years, you have probably viewed your retirement as a destination. For decades, it was a goal you saved for and hoped to reach one day. But once you achieve this goal, then what? Is that all?

If you perceive retirement as a destination, that could lead you to view retirement with dread rather than eager anticipation. It may seem as if retirement is the end of the road. Or perhaps retirement is the mountaintop, and it’s all downhill from there. But retirement is simply a milestone you pass on your journey. There is still much to come! It’s more like crossing the border from one state to the next.

If you think back on your life since you began your work career, you’ll probably discover that your life and your circumstances changed in countless ways. You probably changed jobs and maybe even changed careers - perhaps multiple times. The places you lived have changed, your marital status has probably changed, and you may have raised a family and subsequently become an empty-nester. Friends have come and gone, your hobbies and interests have evolved and your body has changed.

Your retirement will be varied, as well. It could easily last two or three decades. It won’t be a one-dimensional, stagnate state of being. You may move, the people in your life will continue to shift and you will probably travel to new places and engage in new activities. You may not see your life changing much on a day-to-day basis, but years from now whenever you stop and reflect back, you will be amazed at how much has changed and how your life continues to evolve.

Your retirement journey will probably pass through several phases. These phases won’t be delineated by specific events or ages, but by gradual transitions. The phases may overlap and some will last longer than others.

The initial adjustment. This is the most dramatic shift. It begins the first day you don’t have to answer to an alarm clock and go into work. During the coming days and weeks, most aspects of your daily routine and your lifestyle will change. Your income and spending habits will change. You will probably be spending a lot more time at home. Since you won’t be surrounded by co-workers, you’ll have to expend more effort to spend time with people. Your relationship with your spouse may change.



Dave Hughes writes articles on retirement for his blog-site RetireFabulously.com and *U.S. News & World Report*. He lives in a Phoenix, AZ suburb, says he loves music (especially jazz and Brazilian music), and plays trombone in a few of the local bands.





PMEA Retired Member Network eNEWS: June 10, 2017

by Paul K. Fox, PMEA Retired Members Coordinator

Page 6 of 6

Experiencing so many changes in a short period of time can be stressful and disorienting. It's fine to allow yourself some time to chill out and decompress from years of workplace stress, but once you have adjusted to the fact that you no longer work, it will be time to create a new daily and weekly routine. Ideally, this new routine should include a mix of physical activity, mental stimulation, socialization, and pursuits that bring you happiness and fulfillment.

The go-go years. During your early years of retirement, you will probably still be in reasonably good health and be able to live an active and independent lifestyle. You don't feel old yet; in fact, you're not even sure what "old" is supposed to feel like.

You will probably fill these years with traveling, physical activities, and participation in organizations that interest you. You'll have plenty of time for gardening and home projects, and you may move to a different place to enjoy your retirement. At times, you'll feel like you're busier than when you worked! But this is a good problem to have. Being busy and active at this stage of your life is good for you both mentally and physically.

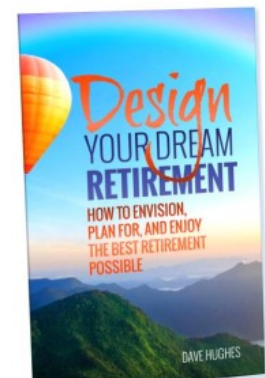
The slow-go years. Sooner or later, age will start to catch up to you. You will probably still travel, but your suitcase will seem heavier and your daily itinerary will be lighter. You'll probably favor shorter trips and closer destinations.

While you may not be able to engage in as much physical activity, there's still plenty to do. You can continue to stay mentally engaged by taking classes and enjoying concerts, theatre, and museums. There are still many hobbies and crafts you can enjoy which don't require strenuous activity. You will probably allow more time in your schedule for relaxation.

The no-go years. Ultimately, you will reach a point where you will have to curtail many of the activities you have enjoyed up to this point. You may require some assistance from family members, friends, or hired help, or you may need to move to an assisted living or continuing care facility.

Fortunately, there are still things you can do. If you like to write, you can create your memoir, document your family history, or write poetry or fiction. With all of today's communication media, it is easier than ever to stay in touch with your family and friends and keep up with what is happening in the world. You will have more time for reading, enjoying your music or movie collection, or working puzzles.

Realizing that your retirement will change over the course of many years is actually liberating. If you have a long list of things you want to do after you retire, you will be better able to plan for what you should focus on during each phase of your retirement. It's refreshing to know that you have possibilities.



Design Your Dream Retirement may be purchased at <http://retirefabulously.com/>

Happy trails, retirees. Keep in touch with your PMEA retirement coordinator! PKF

Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulkfoxusc.wordpress.com/>

