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Clean and Funny Jokes for April: "Rules of Life & Stress Management Techniques"

- On the keyboard of life, always keep one finger on the escape key.
- Tell me what you need, and I'll tell you how to get along without it.
- You can go anywhere you want if you look serious, wear a white coat and carry a clipboard.
- I love deadlines. I especially like the whooshing sound they make as they go flying by.
- Last night I lay in bed looking up at the stars in the sky, and I thought to myself, where the heck is the ceiling?
- My reality check bounced.
- I don't suffer from stress. I am a carrier.
- When I want your opinion, I'll give it to you.
- Well, this day was a total waste of makeup.
- Errors have been made. Others will be blamed.
- I'm not crazy, I've just been in a very bad mood for 28 years.
- Allow me to introduce my selves.
- Sarcasm is just one more service we offer.
- I'm trying to imagine you with a personality.
- Stress is when you wake up screaming and you realize you haven't fallen asleep yet.
- I just want revenge. Is that so wrong?
- Whatever kind of look you were going for, you missed.
- I'm just working here till a good fast-food job opens up.
- Not the brightest crayon in the box now, are we?
- You say I'm a witch like it's a bad thing.
- Nice perfume. Must you marinate in it?
- Chaos, panic and disorder - my work here is done.
- Everyone thinks I'm psychotic, except for my friends deep inside the earth.
- Is it time for your medication or mine?
- How do I set the laser printer to stun?

Do retirees still experience STRESS?



1. Picture yourself near a stream.
2. Birds are softly chirping in the cool mountain air.
3. No one (but you) knows your secret place.
4. You are in total seclusion from the hectic world.
5. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
6. The water is crystal clear.
7. You can easily make out the face of the person you're holding underwater.
8. See? You're smiling already.





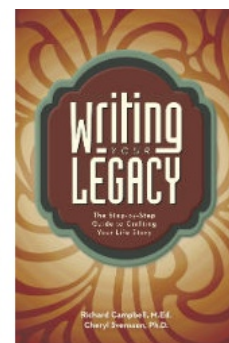
Writing your life story

<http://www.writersdigest.com/online-editor/the-new-way-to-write-your-life-story-the-10-themes-of-legacy-writing>

*Every major or minor life event is rooted in theme. If you graduated from high school despite struggling with dyslexia, you may have a powerful story about perseverance. If you became hugely successful in your career, perhaps your story is rooted in diligence with a dash of luck. While researching this idea in the course of writing the book *Writing Your Legacy* (WD Books), Richard Campbell and co-author Cheryl Svensson focused on the concept of life themes, developed by the father of gerontology James E. Birren. In the January 2017 *Writer's Digest*, Campbell explains why the 10 core legacy themes are an essential piece in puzzling together your memoir.*

According to "The Writer's Dig" blog and guest article "[The New Way to Write Your Life Story: The 10 Themes of Legacy Writing](#),"

writing your "life story" can be fulfilling. Providing ten "core legacy themes" and prompts, co-author Richard Campbell says that your memoir can be one of the most complex forms of story-telling, involving "emerging themes, narrative flow, and re-creating dialogue from memory." "Or," he adds, "the process can be surprisingly easy and fun." These themes are:



- Forks in the Road
- My Family, My Self
- The Meaning of Wealth
- My Life's Work
- Self-Image and Well-Being
- The Male-Female Equation
- The End of Life
- From Secular to Spirit
- My Life Goals
- My Legacy Letter

Check out the process at the above website... interesting concept!

Can you help? Wanted for a future article/blog: "The Myths of Retirement"

We are still looking for more "advice from the trenches" and tips for music teachers who are now entering retirement. Please take a moment to jot down something that surprised you (and/or your spouse) during this transition... What was unexpected? How did retirement change you? What would you say to someone about to go through this "passage?" Any issues re: money, time, emotions, or socializing? Finish this sentence: "Everyone said retirement was/would be ___, but it was really ___."



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Eight essential skills for successful retirement!

<https://www.newretirement.com/retirement/8-skills-you-need-for-best-retirement/>

This month's top-of-the-list "new retiree" reading is the October 2017 *NewRetirement* blog-post (albeit a little hyperbole in the title?) "**Do You Even Have What It Takes? 8 Skills for a Fantastically Happy Best Retirement.**"

The editors even created a little rhyme... "Here are the **skills**... to pay retirement bills... and really thrive in this phase of your life."

1. A Knack for Dealing with Uncertainty
2. Resilience: Can You Overcome Adversity?
3. Capability to Maintain a Set of Friends
4. Cash Flow Mastery
5. Ability to Set Your Own Schedule and Stay Motivated
6. Can You Relax?
7. Capacity to Have a Purpose and Follow Passions
8. Do You Know How to Manage an Overall Retirement Plan?



NewRetirement

PMEA Advocacy Day update

<https://www.pmea.net/photos-from-the-2017-advocacy-day/>



By all accounts, March 13, 2018 **PMEA Advocacy Day** was a big success! In celebration of Music-In-Our-Schools-Month, the event was sponsored at the Harrisburg Capitol and featured performances of PA school

music ensembles, meetings with elected officials to discuss PMEA's 2018 "policy asks," and numerous speeches in support of arts education made by "our" advocates:

- Mark Despotakis, PMEA Advocacy Council Chair
- Chris Martin, Martin Guitar
- Rich Askey, PSEA Vice President
- Jenkintown High School Students
- Benjamin Snyder, PCMEA President
- Tooshar Swain, NAFME Legislative Policy Advisor
- Henry Pearlberg, PMEA President
- Representative Eddie Day Pashinski



Rep. Eddie Day Pashinski

View the Advocacy Day press conference:

<https://www.pmea.net/specialty-areas/advocacy/>

Here are the recommendations PMEA made to the PA legislators:

<https://cqrcengage.com/pmea/file/BEsMYQGfoY9/2018%20PMEA%20Legislative%20recommendations.pdf>

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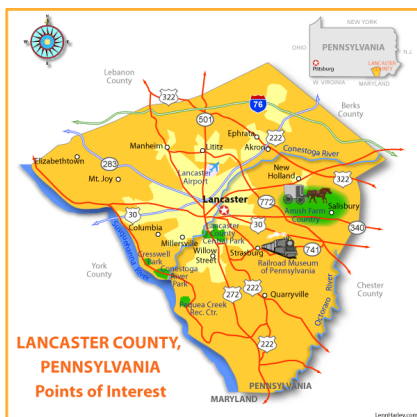




PMEA Retired Member Network eNEWS: April 5, 2018

by Paul K. Fox, PMEA Retired Members Coordinator

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Central PA, here we come!

This is your final reminder to attend the **PMEA Spring Conference** on April 19-21, 2018 at the Lancaster Marriott & Convention Center. Registration for retirees is only \$15.

Worth the price of admission, "yours truly" is presenting "**The Metamorphosis of Retirement - Transitioning to a Happy Retirement.**" on Thursday, April 19 at 3:00 p.m.

We still need volunteers to help man the **PMEA Info Booth**, especially on Thursday from 3:00 to 5:30 p.m. and Friday from 2:00 to 3:30 p.m. (Please email your availability to serve any 30-60-minute block of time to paulkfox.usc@gmail.com).

The annual **FREE PMEA Retired Member breakfast** is scheduled for Friday, April 20 at 7:30 a.m. Please RSVP to paulkfox.usc@gmail.com.

Important links for more information:

- Updated conference schedule: <https://www.pmea.net/wp-content/uploads/2014/12/2018-Conf-Schedule-from-Spring-News-1.pdf>
- Conference registration: <https://www.pmea.net/pmea-annual-in-service-conference/>
- Lancaster tourism and visitors' guide: <https://lanasterpa.com/visitors/>

Inaugural **Amplify** forum for retired members



Did you notice the new online community discussion group sponsored by NAFME? Can you guess the identity of the manager of the site? (No, I have not found enough to do with my "free" time!) The virtual "meet and share" coffee house-like environment sponsors discussion threads about issues on retirement transitioning, retiree success stories, and recommendations on finances, travel, hobbies, volunteering, etc. Your NAFME membership grants you full access and we hope you participate! Here are "quick-start guides" to peruse: <http://community.nafme.org/new-item2> or <http://community.nafme.org/new-item4>

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On the road again...

Excerpt of blog by Paul K. Fox - Read the entire article at <https://paulkfoxusc.wordpress.com/>

I hate the Pennsylvania Turnpike... but I'll get over it!

Over the 43+ years that I've been involved in music education conferences starting in college, attending our annual events in places like Lancaster, Hershey, Valley Forge, and everywhere else, I have used this "blessed" road.

Oh, it's much better now. There are more stretches of 70-mph speed limits, and even the restaurants are improved since they were 10-20 years ago. However, the twisting-twining roads, usual "bad weather" (why is it always rainy or windy during the state conference?), need to jockey for position with all those large tractor-trailer trucks, etc. always challenge my nerves and patience.

Hey, it's what we do. And I'll never give it up.



The annual trek for acquisition of professional development remains such a critical element for self-improvement, program assessment, and personal enrichment. The spring and summer conferences of the Pennsylvania Music Educators Association offer an incredible depth of new materials, methods, and perspective, not to mention the all-so-essential networking and collaboration of ideas, as well as "catching-up with colleagues."

As they say in the movie *Shawshank Redemption* (1994), "get busy living or get busy dying." In this business, we have to **look forward**, **seek innovation** and **reinvention**, "build a better mouse trap," and absorb advice from "the latest and greatest" clinicians and "people on the move." That's how you GROW! (No different in retirement!)

For four decades, I have never attended a day of professional development or a conference that I didn't learn a myriad of new things, feel refreshed and recharged, and return to "make a difference" in my classroom, my school, and my program.

Now that I'm retired, my time is more devoted in making presentations and sharing a portion of what is now a vast vault of hard-won knowledge, skills, and experiences in order to help my colleagues with their unique situations and problems. They say that "work" provides us with the three essential elements of **purpose**, **structure**, and **community**. Even in retirement, participating in PMEA provides me all these things and the chance to continue to interact with like-minded and committed music educators, literally for the good of the profession.





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In addition, PMEA spring and summer conferences offer you the opportunity to explore our fine state, visit historical sites, taste the cuisine, soak up the landscapes, and see the unique attractions in each city. For 2018, Lancaster is a great place to take day-excursions. Did anyone suggest "road trip" with the grandchildren?

When you plan to come to Pittsburgh during the first week of April 2019 for the NAFME Eastern Division and PMEA State combined conferences, I want you to take an extra day if you can to enjoy our cultural attractions, sports events in one of the three stadiums, landmarks like the Blockhouse, Fort Duquesne, Point State Park, and the three rivers themselves, and go to places like the Carnegie Science Center, Andy Warhol Museum, Phipps Conservatory and Botanical Gardens, Pittsburgh Zoo and PPG Aquarium, etc.



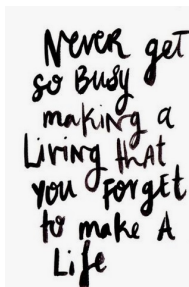
So much to do and so little time...

More blogs about retirement on the 'net

- **RetireHappy:** "Resetting Your Resolutions: 3 Steps to Get Back on Track Today"
<https://retirehappy.ca/resetting-resolutions/>
- **Kathy's Retirement Blog:** "Starting Over"
<https://kathysretirementblog.com/2018/02/27/starting-over/>
- **Love Being Retired:** "5 Helpful Tools for Hearing Loss"
<http://lovebeingretired.com/2018/02/20/5-helpful-tools-for-hearing-loss/>
- **USN Business Insider:** "10 Signs You Found the Perfect Place to Retire"
<http://www.businessinsider.com/10-signs-youve-found-the-perfect-place-to-retire-2017-9>

Retirement on Pinterest

<https://www.pinterest.com/smsfcoach/funny-retirement-focused-stuff/?lp=true>



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Book-of-the-Month – *The Art of Retirement*

You may have noticed that I tend to shy away from featuring books focused primarily on finances or investment planning during retirement. However, Gary S. Williams' 2013 paperback *The Art of Retirement* is a wonderful exception. I found it easy-to-read, inspiring, and helpful in understanding the *art* of investment management while fostering insightful perspectives in overall senior living and retirement. At first, he explores the role of money in the creation of happiness. As reviewer Matthew K. Buckley comments, this is "extremely thought-provoking for anyone trying to balance being a good parent while providing one's family with financial security." Gary then touches on issues using a holistic approach to retirement, including a reflection on personal values, finances, time management, and the importance of one's legacy. He dives into a wide selection of financial planning theories and translates them to easy layman's terms. However, among the best parts of *The Art of Retirement* are Gary's personal anecdotes and analysis that make you, as Buckley adds, "reevaluate not only your understanding of money but what is true success."

To promote the book, this text is printed on the back cover:

"The Art of Retirement uses the story of Michelangelo and his art to facilitate the creation of your masterpiece - a resilient, well-crafted investment portfolio along with a fulfilling life and legacy. This unique book serves as a life guide..."

Check out these *great* chapter headings:

1. Perspective Matters
2. Choose Your Colors Carefully - Then Achieve the Right Mixture
3. The Blank Canvas
4. *David* Is More Than 500 Years Old
5. Putting the Puzzle Together
6. Beauty [Risk] Is in the Eye of the Beholder
7. Preparing the "Mixture"
8. Create the Masterpiece - A Resilient Investment Portfolio
9. The Artist Within
10. Like Art, Advisors Are Unique Too

Happy trails, retirees. Thank you for all of your support and engagement in PMEA and the profession. Please keep connected and send us retiree stories! Don't forget to RSVP for the conference breakfast and info booth times: paulkfox.usc@gmail.com. PKF

