



**Welcome** to the latest edition of **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!

### **Where have we heard these before? “Music Jokes for Teachers”**

<https://funmusicco.com/music-jokes-for-teachers/>

- How many bass players does it take to change a light bulb? 1...5...1... (1...4...5...5...1)
- What did the flute player say to the tight rope walker?  
You better C Sharp or you'll B flat!
- How many clarinetists does it take to change a lightbulb?  
Only one, but he'll go through a whole box of bulbs before he finds just the right one.
- Q: How do you know when a trumpet player is at your door?  
A: The doorbell shrieks!
- What do you get when you drop a piano down a mine shaft?  
A flat minor.
- How do you fix a broken tuba? With a tuba glue.
- How do you tell the difference between a violinist and a dog? The dog knows when to stop scratching.
- What's the difference between a viola and a fish? You can't tuna fish.
- Wagner's music has beautiful moments but some bad quarters of an hour." – Rossini
- It's easy to play any musical instrument: all you have to do is touch the right key at the right time and the instrument will play itself. – J.S. Bach
- Wagner's Music is better than it sounds – Mark Twain.
- Student to Teacher: I can't reach the brakes on this piano!
- Note left from pianist to his wife: "Gone Chopin, have Liszt, Bach in a Minuet."
- What's an accordion good for? Learning how to fold a map.
- Q: Did you hear about the female opera singer who had quite a range at the lower end of the scale.  
A: She was known as the deep C diva.
- How many altos does it take to screw in a lightbulb?  
None. They can't get that high.
- Operas that Never Made It:  
Britten: A Midsummer Nightmare.  
Mozart: The Magic Tuba.  
Puccini: La Bamba.  
Rossini: The Plumber of Seville.  
Verdi: Rigatoni.



*Laughter is the best medicine... for music teachers and retirees alike!*



Kevin and Janice Tuck co-founders of the Fun Music Company

*Visit their website to peruse music games and other teaching resources, created and reviewed by the music educators worldwide*

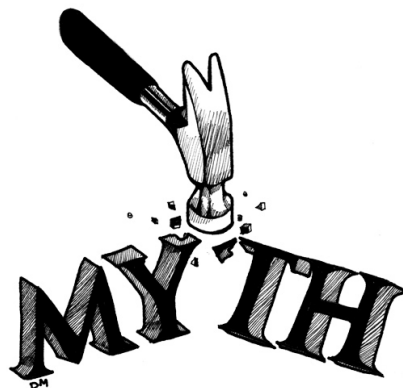
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## **Don't believe everything you hear! – Discrepancies and Myths in Retirement**

1. You usually retire FROM something.
2. Retirement is always an easy transition.
3. It takes very little time to prepare.
4. Retirement is completely different from anything you're doing now.
5. One tends to be less busy in retirement.
6. The decision to retire is based almost entirely about "the money."
7. As it should be, it's a very public decision; once you announce your intentions, it's time to "party hearty" with your colleagues who deserve to share in the celebration of your "big day" with you.
8. Finding purpose and "mattering" is less critical during your retirement years.
9. Once you retire, you won't need PMEA or NAFME.



## **Final call: PMEA member compositions**

PMEA is looking to make a catalog listing of all music publications written by current or retired PMEA members available for purchase or rental. Once this project is completed (mid-May target date), we will post the catalog on the PMEA website. Please send the following information to Retired Member Coordinator at [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).

- Composer's name:
- Contact phone number (if available):
- Title of work:
- Publisher:
- Year of Copyright:
- Style/genre:
- Instrumentation/voices:

## **Retro Forbes for retirees: "The Nine Keys to Retirement"**

by Richard Eisenberg - Read the entire 2016 article:

<https://www.forbes.com/sites/nextavenue/2016/03/27/the-9-keys-to-a-happy-retirement/#7f56cfb640e8>

1. Figure out in advance what you want out of retirement.
2. If you have a husband, wife, or partner, talk frankly together about what you both want out of retirement.
3. Come up with a retirement income plan.
4. Choose when to retire and then follow through (if you can).
5. Stage engaged and healthy (if you can).
6. Get a part-time job in retirement.
7. Learn new things or pursue your passions.
8. Keep a schedule, but not like the one you had before you retired.
9. See your children and grandchildren if you have any.

# Forbes

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## Things-I-think-I-think... A generational shift? "Should we buy, or should we rent?"

Are retirees a little "out-of-touch?" Has the technology revolution caught us off-guard? Or, are we just a bit more nostalgic and enjoy "the finer things in life" as "possessions?"

How should I view an On-Demand movie, like the 2005 release of *Capote* on Verizon... rent it for \$3.95 (up to 48 hours), or purchase it and make it a part of my permanent collection for \$14.99? After all, how many times would I return to the same movie?

This is coming from someone who owns all black-and-white episodes of the TV series *Perry Mason* on DVD but still watches them on MeTV. Also, you should check out my exhaustive library of wartime naval stories in paperback (mostly historical fiction - see →).

Are baby-boomers more interested in holding a classic leather-bound book in our hands, to feel it, smell it, and know that it is ours... rather than reading the same volume on a Nook GlowLight, albeit with that snazzy built-in night-light and variable-size text sizes?



One of the transitions in retirement is "downsizing," particularly noticeable (and painful) if you have had to move your parents into assisted living, sell their house, and somehow find a place for all of their worldly possessions - things that, until that moment, seemed to be "priceless" to them, like broken-down furniture, ugly scarves and costume jewelry, old issues of *National Geographic* and *Life* magazines, empty gallon bleach bottles, etc. - items bound to the Good Will (assuming they would even take them) or to a land fill.

I am not a total technology nitwit. Admittedly I renew my subscription to *Amazon Prime* every year... and isn't cable TV mostly "renting" media? Did you hear that *Spotify*, the popular digital music service with access to millions of songs, went public last month?

Well, trying to keep up with the students I used to teach was always a challenge... but, I may have found something new, "techie" and innovative... the app called *Texture*. Daily readers: What would you pay to be granted unlimited access to all the best digital subscriptions, to read your favorite magazines anytime, anywhere, including back issues? For a monthly fee of \$9.99 after the free-trial period, I can pull out my smartphone and scan through an amazing assortment of publications, to read or bookmark for later.

**texture** 200+ magazines. One app.

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Samples from *Texture* (more than 200 brand names!):

- American History
- Architectural Digest
- The Atlantic
- Billboard
- Bon Appétit
- Car & Driver
- Consumer Reports
- Family Circle
- Field and Stream
- Forbes
- Fortune
- Golf Digest
- Good Housekeeping
- Inc.
- Macworld
- Money
- The New Yorker
- Newsweek
- PC Magazine
- People
- Popular Mechanics
- Popular Science
- Prevention
- Reader's Digest
- Rolling Stone
- Sports Illustrated
- Time

Perhaps this is how I could "catch up" on my reading of how to cope with the stress of more technology innovations?

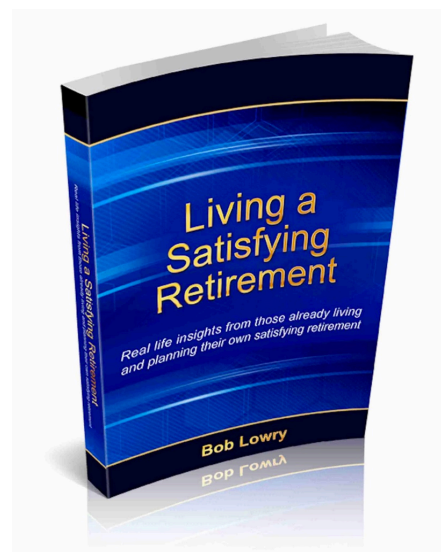
### Blog-of-the-month – *Satisfying Retirement*

"You Thought Your Hobby Was Unusual" by Bob Lowry

<https://satisfyingretirement.blogspot.com/2018/04/you-thought-your-hobby-was-unusual.html>

Yes, these are very "unique" hobbies and collectables! (Quoted from the article!)

- Real war tanks (Arnold Schwarzenegger, apparently)
- Accordions
- McDonald Tray liners
- Colors (I gather paint chips from Box Box stores)
- Toasters
- Air sickness bags (there is a museum for this one)
- Carved egg shells
- Snow globes
- Cigar bands
- Swizzle sticks (my father-in-law did this)
- Sugar packets
- Zippo lighters
- Swingline staplers
- Handcuffs (don't ask)
- Cookie jars
- Barbed wire (I thought they were all the same!)
- Soap bars
- Decorated toilet seats
- Salt and pepper shakers (I've been to the museum in Gatlinburg, TN)



Coming soon... a new book review

Bob recommends that, if you seem to be bored a little in retirement, here's a source from *Lifehack* of 50 low-cost hobbies that may excite you:

<https://www.lifehack.org/articles/money/this-list-50-low-cost-hobbies-will-excite-you-2.html>







## Reflections on the 50<sup>th</sup> anniversary of the death of Martin Luther King, Jr.

*Kathy's Retirement Blog* "An Educational Excuse"

<https://kathysretirementblog.com/2018/04/04/an-educational-excuse/>

*CBS This Morning - April 4, 2018* "Choir recalls their meeting with Martin Luther King, Jr. just two weeks before his death"

<https://www.cbsnews.com/news/martin-luther-king-jr-anniversary-prairie-view-a-m-choir-remembers-last-performance/>

*Billboard* "Ten Songs Honoring Dr. Martin Luther King, Jr."

<https://www.billboard.com/articles/columns/pop/513484/10-songs-honoring-dr-martin-luther-king-jr>

*The New Yorker* "Playlist: Songs for Martin Luther King, Jr."

<https://www.newyorker.com/culture/culture-desk/playlist-songs-for-martin-luther-king-jr>



## Retirement is for... travel.

One of the more popular leisure pursuits for retirees is the taking of trips. No longer bound to the academic schedule limiting vacations to a week at "winter recess," several days at "spring break," or the summer months, post-employed music teachers now have the "freedom" to choose their preferred time and out-of-town destinations with no fear of interruptions due to marching band or string camps, parade "gigs" on patriotic holidays, graduate school class requirements, or lesson prep or classroom set-up at the (re-)start of semester. For the first time in your life, taking leave during quiet, less crowded, "non peak times" or when "the children are in school" is now possible, and you can enjoy more varied options than ever before, like ocean or river cruises, golf outings, biking trips, Road Scholar education tours, attendance to out-of-state games of professional sports teams ("opening day" in any city), or touring historical sites, fascination landscapes, or "The Wonders of the World" on your terms.

Several of the "retirement resources" we have reviewed here in **eNEWS** have good sections on "tripping" and getting away:

- *How to Survive Retirement - Reinventing Yourself for the Life You've Always Wanted* by Steven Price, Chapter 6 "Travel," pages 77-85.
- *The Psychology of Retirement - Coping with the Transition from Work* by Derek Milne, Chapter 5 "Supporting Retirement," pages 112-115
- *Revitalizing Retirement - Reshaping Your Identity, Relationships, and Purpose* by Nancy Schlossberg, Chapter 5 "Revitalize Your Purpose," pages 145-146.
- *How to Retire Happy, Wild, and Free* by Ernie Zelinski, Chapter 7 "Travel for Fun, Adventure or More," pages 182.

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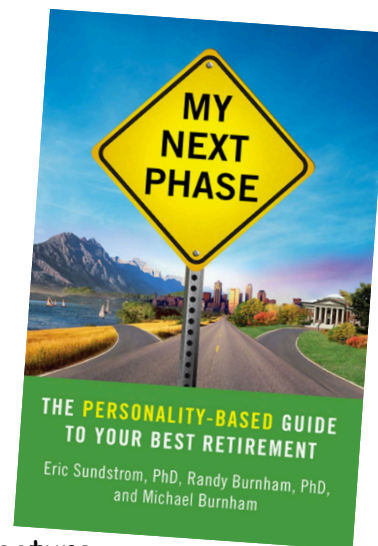




### **Book-of-the-Month – *My Next Phase***

According to authors Eric Sundstrom, Randy Burnham and Michael Burnham of *My Next Phase - The Personality-Based Guide to Your Best Retirement*, "Too many people 'flunk' retirement - even after a lifetime of hard work. Why? Because they only plan on their financial needs, not their emotional ones as they move into the next phase of life."

They tout the statistics that the number of Americans 55 and older will almost double between now and 2030. And, by the year 2050, it is expected that an estimated 40 percent of 65-year-olds will reach the age ninety.



Like the theme presented in last month's book-of-the-month feature (*The Art of Retirement*), the key to a successful retirement lies in your personality, NOT your bank account, focusing on understanding yourself and what you want for your future. The book provides numerous exercises "to assist you in gauging the amount of change in identifying emotional blind spots that might lead you to fail at retirement, and using your personal style to smooth your way to a plan for your best retirement."

This promotion text is printed on the back cover:

"What worked for your parents, your boss, your neighbors, or your friends might not work for you. Let *My Next Phase*, the leading company in "non-financial retirement planning," show you how to create a retirement that fits your personality and your life."

Below are the sections of the book. My advice? Read and absorb the wisdom offered in *My Next Phase*. Take the quizzes. Identify your styles. Take the necessary steps to make this life-changing passage as smooth as possible. Happiness is up to you!

#### Part I: Understanding Retirement

1. Are You Ready to Retire?
2. Is Retirement History?
3. What is Your Retirement Style?

#### Part II: The Seven Personality Traits That Determine Your Best Retirement

4. What Is Your Social Style?
5. What Is Your Stress Style?
6. What Is Your Activity Style?
7. What Is Your Information Style?
8. What Is Your Outlook Style?
9. What Is Your Decision Style?
10. What Is Your Planning Style?

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*Style*





## The benefits of semi-retirement or part-time employment

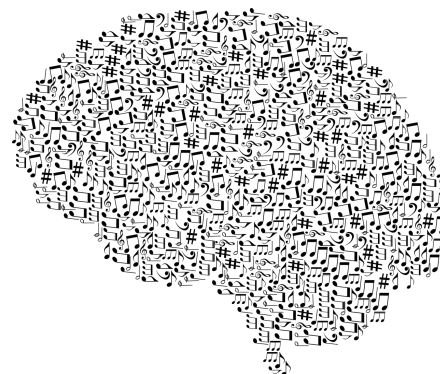
In his book, *How to Retire Happy, Wild, and Free*, Ernie Zelinski quotes George Fulmore, the teacher of a five-session evening class called "The Art of Retirement" in the San Francisco Bay Area: "Retirement can be the best job you've ever had."

We know that many of our former full-timers "slide into" encore careers, possibly teaching music education methods or supervising student teachers at a local college, serving in the music industry as rental/repair instrument school representatives, or becoming festival tour organizers for school music trips. In addition, what about all of those per-service guest conducting, adjudicating, singing, gigging, private teaching, or accompanying jobs you can do - now more than ever?

Part-time paid or voluntary work helps to satisfy the three core elements for happiness in life: sense of purpose/goals, structure/routine, and community/socialization.

According to Zelinski, "You can have your retirement cake and eat it too," and many retirees opt for "semi-retirement." Why?

- They love their field of endeavor.
- They want to feel productive.
- They can't think of anything else to do.
- They like the companionship of like-minded colleagues.
- They like being around bright people.
- They like the social aspect of work.
- They love building and creating in a work environment.
- They want to get out of their spouse's hair.



## Coda: the funniest submission to *Amplify*: "Bucket Band Curriculum"

I hate to admit it... I did not know what a "bucket band" was, until I found these links:

### Performances

[https://www.youtube.com/watch?v=oBqe614Bl\\_8](https://www.youtube.com/watch?v=oBqe614Bl_8)  
[https://www.youtube.com/watch?v=23\\_eoHumd00](https://www.youtube.com/watch?v=23_eoHumd00)  
[https://www.youtube.com/watch?v=uUT3r\\_j66Is](https://www.youtube.com/watch?v=uUT3r_j66Is)  
<https://www.youtube.com/watch?v=OxnEVcPCXRA>  
<https://www.youtube.com/watch?v=arKMUNfq7pQ>  
<https://www.youtube.com/watch?v=xagJIKqYUPE>  
<https://www.youtube.com/watch?v=7xr82RHycj8>

### Teaching

<https://www.youtube.com/watch?v=2de4KqKCv1o>  
<https://www.bucketdrumming101.com/hey-beginning-bucket-drummers>  
<https://www.youtube.com/watch?v=qEnayqaOWPE>  
[https://www.youtube.com/watch?v=B-9\\_xu4gKbk](https://www.youtube.com/watch?v=B-9_xu4gKbk)  
<http://cbutler10.blogspot.com/2013/05/bucket-drumming-101.html>

**Happy trails, retirees.** We're always looking to hear from our retired members. This is your *forum*! Send us your news or success stories to [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com). PKF

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