



## PMEA Retired Member Network eNEWS: August 13, 2017

by Paul K. Fox, PMEA Retired Members Coordinator

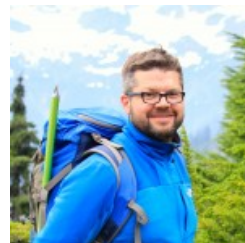
Page 1 of 6

**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 and our profession!

### **Trolling for “online treasures” – found a new retirement “guru” and blog-site**

by Paul K. Fox, Retired Member Coordinator featuring quotes from *Intentional Retirement* by Joe Hearn

I was seeking material for an upcoming article on “time management for our retirees” for *PMEA News*, when I stumbled on a new website (with sage advice): *Intentional Retirement*: <http://intentionalretirement.com/>



#### **“15 Practical Ways to Live a Purposeful Life”**

<http://intentionalretirement.com/2013/08/15-practical-ways-to-live-a-purposeful-life/>

**“80/20 your life.** Pareto’s Law says that 80% of your results will come from 20% of your efforts. Look at every area of your life from your work day to your wardrobe; from your friendships to your finances; from your possessions to your future plans. What if I told you that you had to cut 80% from every area? What 20% would keep? More than likely, that is the 20% that will make the biggest impact on your life. Focus on those Big Wins.”

**“Add more time.** We all have 24 hours in our day, but some have more days than others. If you want to keep time from shutting certain doors, don’t overlook the obvious solution of getting yourself healthy so you can do more things over a longer period of time. It’s like shoveling sand into the top of your hourglass.”

**“Consistently shake up your routine.** There’s nothing wrong with having a place you go for coffee every day or a list of tasks that need to be done each week, but be careful that your routine doesn’t become, well...routine. Try to live a life where you have 60+ years of great experiences, not 1 year of experiences lived 60 times over.”

#### **“4 Unexpected Emotions in Retirement”**

<http://intentionalretirement.com/2017/08/unexpected-emotions-in-retirement/>

“The best way to avoid disappointment is to retire TO something rather than FROM something. If all you do is subtract things—work, obligations, commitments—you simply create a void in your life. That void can open you to self-doubt, regret, lack of purpose, and boredom. Nature abhors a vacuum. If you take something out, you need to replace it with something else (e.g. travel, school, a second career, hobby, etc.). The goal is not to do nothing. That just creates a void. The goal is to do what excites you.”

“Focus on living the life that you want to live. Imagine your ideal life and then work backwards from there to figure out the most direct path to where you want to be. Focus intently on the things that matter to you and throw yourself into them wholeheartedly. That kind of focus and tactical thinking will help you rapidly flatten your learning curve and smooth your transition into retirement.”

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## Retired Member focus: Rebecca Blashock

"For she's a jolly good fellow... which nobody can deny!" Kudos and thanks go to our latest addition to the PMEA Retiree Resource Registry (R<sup>3</sup>).

With a "graduation" date of May 2017 from the Marion Center Area School District, our best wishes for a happy and healthy retirement and BRAVOS go to Rebecca Blashock!

Rebecca taught more than 31 years in numerous job assignments including elementary band, elementary chorus, general music grades K-8, and High School Assistant Marching Band Director.

She was honored with the prestigious PMEA District 3 Citation of Excellence Award (Elementary Level) in 2016.

On her R<sup>3</sup> survey, she indicated interest in serving as an informal consultant within the categories of elementary band, elementary general music, and marching band. In addition, she would be willing to collaborate in networking opportunities via a retired member lounge at the conference.

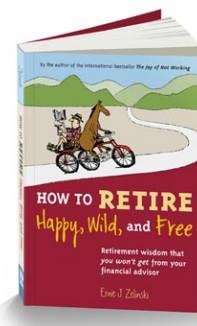


## Great retirement t-shirt sayings

from <http://www.thejoyofbeingretired.com/Retirement-T-shirts-to-Make-You-Even-More-Happily-Retired.html>

- Retired and down to one boss - my wife!
- I am retired. But not expired!
- Retired - and Living Happily Ever After
- Retired and Busier Than Ever
- Retired - Life Is Sweet
- Retirement Relieves Job Stress
- Retired - Leave the Relaxing to Me!
- Retired - Free at Last!
- Retired - My Specialty Is Doing Nothing
- Retired - and Spending My Kids' Inheritance
- Someone told me to "Get a Life!" so I retired!
- Freedom Is Another Word for Retirement
- I Am Not Aging. I am Vintaging!
- Retired - Seen it all. Done it all. Can't remember most of it.
- Retired - But working part-time for a retirement income to spoil my grandkids (or dogs).
- I'm Retired - You're Not! Nah, nah, nah, nah, nah.....
- Retired. Every day is a weekend!
- I'm retired. Go around me!
- Warning - Retiree Knows It All and Has Plenty of Time to Tell You Everything

Brought to you by  
the author of...



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Page 3 of 6

### Book of the Month: **Get the Most Out of Retirement** by Sally Balch Hurme

<http://www.aarp.org/entertainment/books/bookstore/money-work-retirement/info-2016/retirement-book.html>

PDF checklists available from [https://www.americanbar.org/publications1/books/retirement\\_checklist.html](https://www.americanbar.org/publications1/books/retirement_checklist.html)

With the subtitle, "Checklist for Happiness, Health, Purpose, and Financial Security," this is one of the most unique "practical guides" to retirement I have ever seen. Sponsored by both AARP (40% off for members) and the American Bar Association, this handbook offers to help you manage "the business of life wisely" while making your retirement "rich with health, happiness, and meaning..." and especially **organizing everything** with forms, provided as PDFs to be downloaded from the ABA website (second line above). Quoting Yogi Berra, "When you come to a fork in the road, take it," the author-as-retirement-coach shares important insights and advice in her introduction, and then lays everything out in a clear and comprehensive manner:



- Chapter 1: Who I Am
- Chapter 2: My Social Network
- Chapter 3: Personal History
- Chapter 4: Personal and Home Services Contacts
- Chapter 5: Volunteer Opportunities
- Chapter 6: Home Safety
- Chapter 7: Choosing My Destination
- Chapter 8: Checking Accounts
- Chapter 9: Retirement Plans
- Chapter 10: Annuity
- Chapter 11: Health Care Directives and Medical Orders
- Chapter 12: Getting or Staying Fit



"This book is definitely not something to rush through. Don't try to read it in one or two sittings. Skim through to see what jumps out at you. Stick in on your end table or night stand - whatever you like to read. Dip into different sections as they become relevant." - Sally Balch Hurme

On the AARP website, you are promised to receive "step-by-step, practical tips to nurture new and old relationships, find meaning through volunteer and work opportunities, take classes and pursue hobbies, decide where to live, retire abroad, get organized and clean out the clutter, stay within your budget, simplify the legal paperwork, live healthfully, and more." Retirees, this may be the best new release ever!

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Page 4 of 6

- "Leading the Fight for Music Education" and "What You Can Do" (NAfME):  
<https://nafme.org/advocacy/>
- "Grassroots Action Center" (NAfME):  
<https://nafme.org/advocacy/grassroots-action-center/>
- "Advocacy and Public Policy Page" (PMEA):  
<https://www.pmea.net/specialty-areas/advocacy/>

<http://www.pmea.net/membership-information/>

Why maintain your association with  
PMEA/NAfME in your "golden years?" Let  
me count the ways...

1. Recognition and archival of your past and current professional accomplishments, assignments, interests, and awards
2. The benefits of two constantly updated websites of articles on transitioning to and maintaining a happy, healthy, and meaningful retirement: <http://www.pmea.net/retired-members/> and <https://paulkfoxusc.wordpress.com/for-retirees/>
3. Access to the *Ultimate Retiree Resource Guide/ Bibliography for Music Teacher Retirees* and other resources
4. Answers to questions like "What have you always wanted to sing, compose, play, record, conduct, write, publish, or present?" and "Where can I share my hard-won expertise and help others in the field?"
5. Places to go/things to see: NAFME/PMEA conferences in cities like Atlantic City, Erie, Oklahoma City, Orlando, Dallas, Lancaster, Pittsburgh, etc.
6. New "brain-engaging" outlets for learning, leadership, advocacy, "encore career" professional development, and service
7. Opportunities to "rekindle your expressiveness" (finding a local performance group in your area using the listings on the PMEA retired members' website)
8. Involvement in the profession you devoted your life albeit in less engaging or stressful ways
9. A voice advocating for the future of music education "on the front lines" or just in the background
10. Reaping well-earned exclusive discounts and other cost-saving benefits of retired membership



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Page 5 of 6

Hurray! The new log-in process to both the NAFME and PMEA websites has been updated. If you haven't done so already, please Log In by selecting the "Sign Up" tab and following the steps. If you enter your primary account email when signing up, it will detect your existing NAFME account and sync it.

To renew or join PMEA online for the 2017-18 year, log-in to the PMEA website and then select the Join/Renew link at the top of the main page of the website. To pay with a check, download the PDF membership form or follow the steps to join/renew online, then select the option to create an invoice and pay by check. Retired membership dues are **\$65/NAFME + PMEA** or **\$30/PMEA-only**. And, **this is very important!** Be sure to update your profile to include a **home email address...** in case when/if you no longer plan to use your school district's account.



# WE WANT YOU!

### **Wanted: Writers, researchers, and ARTISTS for eNEWS!**

You have heard me say this before... "These Retired Membership Network eNEWS don't write themselves." Even though I love putting this together, we would really like to hear from YOU... news and views from your part of PA... your retiree discoveries, adventures, transitions, past and current motivations, and inspirations! **Please send me stuff!**

This publication goes out to approximately **400 PMEA retired members** (10% of the total membership) and the PMEA State Executive Board and staff. We hope this will continue to grow as we find new resources like the blogger Joe Hearn on the first page and reviews of other recent book releases like AARP's *Get the Most Out of Retirement*.

However, I need YOUR help! One skill set I am deficient and especially interested in acquiring from YOU is **cartoon drawing**. It would add a lot to this forum to design our own "funnies" on specific issues, "pet peeves," satire, or problems in music education. How about the cartoon of a teacher tuning a line of her EL string musicians' instruments ("The concert should have started an hour ago") or a general music classroom in disarray showing broken Orff instruments and drum sticks ("I usually don't take a sick day"), etc.

Want to give it a try? Email me: [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com). If you prefer, I would love to have your collaboration in researching "online finds" or writing retiree stories, too. THANKS!

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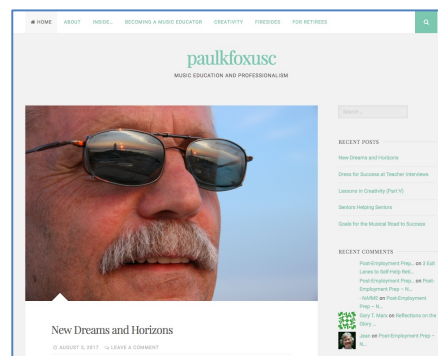
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Page 6 of 6

### Toothing my own horn... latest articles from "The Fox!"

Hopefully you have had the chance to read the latest "crop" of my blog-posts. If something strikes you, please don't be afraid to click on "comment" under the title and give all of us a piece of your mind... or unique perspective! Or "chime in" with your (dis)agreements and other thoughts. Your feedback is always welcome!

- *New Dreams & Horizons: "Self-Realization" - The Key of Resolving Retirement "Conundrums"*  
<https://paulkfoxusc.wordpress.com/2017/08/03/new-dreams-and-horizons/>
- *Lessons in Creativity (Part V): Samples of "Creativity" in Educational Journals*  
<https://paulkfoxusc.wordpress.com/2017/06/16/lessons-in-creativity-part-v/>
- *Seniors Helping Seniors*  
<https://paulkfoxusc.wordpress.com/2017/05/28/seniors-helping-seniors/>



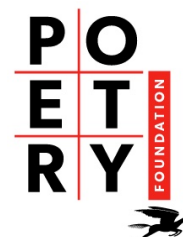
### Poems for retirement

Collections from the Poetry Foundation

<https://www.poetryfoundation.org/collections/101588/poems-for-retirement>

Here is a great collection of poetry about "the joys and challenges of life post-career," including the inspired work of poets categorized in the following sections:

- Blessings and Good Wishes
- Against Retirement
- Reflections on Retirement
- Dramatic Monologues
- Poems About Change



### One "old geezer" joke for the road... "forgetfulness"

from [www.geezer.org/geezer-jokes/](http://www.geezer.org/geezer-jokes/)

Three older ladies were discussing the trials of getting older.

One said, "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away or start making a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, "Well, I'm sure glad I don't have that problem, knock on wood." She rapped her knuckles on the table and said, "That must be the door, I'll get it."

**Happy trails, retirees.** Take care of yourselves! Please keep in touch! PKF

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