



Welcome to the latest edition of **eNEWS** - the **PMEA Retired Member Network**... an informal alliance and forum for interconnecting retired music educators, and sharing ideas, stories, successes, news, & views. Thanks for staying involved in music education!

Retirement one-liners

<https://onelinefun.com/retirement/> and

<http://www.ba-bamail.com/content.aspx>

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Special edition for NAFME
Eastern Division Retirees!

Somewhere an elderly lady reads a book on how to use the Internet, while a young boy googles "how to read a book."

Another "World's Oldest Man" has died. This is beginning to look suspicious.

The reason grandchildren and grandparents get along so well is because they have a common "enemy."

Why are there so many old people in church? They're cramming for the final.

How do you know you're old? People call at 9 p.m. and ask, "Did I wake you?"

Retirement is wonderful. It's doing nothing without worrying about getting caught at it.

Money isn't everything, but it sure keeps you in touch with your children.

My grandfather tried to warn them about the Titanic. He screamed and shouted about the iceberg and how the ship was going to sink, but all they did was throw him out of theater.

Do you realize that in about 40 years, we'll have thousands of old ladies running around with tattoos?

Grandma's been staring through the window ever since it started to snow. If it gets any worse, I'll have to let her in.

Back in my day, we didn't watch TV while eating dinner. We actually talked to one other. It was awful.

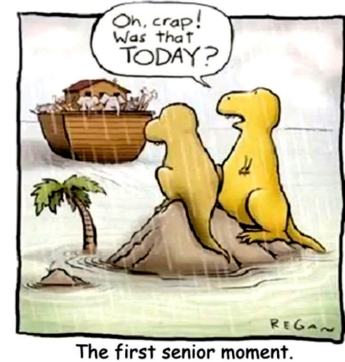
How many retirees to change a light bulb? Only one, but it might take all day.

Work hard and save your money, and when you are old, you will be able to buy things only the young can enjoy.

Age us an issue of mind over matter. If you don't mind, it doesn't matter.

How can you tell that you're getting old? You go to an antique auction, and three people bid on you.

Regular naps prevent old age, especially if you take them while driving.





PMEA Retired Member Network **eNEWS**: March 7, 2019

by Paul K. Fox, PMEA Retired Members Coordinator

Special issue for NAFME Eastern Division Retired Members

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Welcome to all NAFME Eastern Division Retired Members!



National Association
for Music Education
Eastern Division



Are you attending the 2019 Conference *"Innovation, Access, Inspiration?"*

You are all cordially invited to the travel to Western Pennsylvania! PMEA will host the bi-annual **NAfME Eastern Division Conference** on April 4-7, 2019 at the David Lawrence Convention Center in Downtown Pittsburgh.

The pre-registration rate for **retired members** is **only \$30**. See the official conference website for registration, schedule of events, and hotel information:

<https://www.pmea.net/2019-eastern-division-information/>.

Special features of this year's "big event" are:

- Over **150 sessions** and **47 performing groups**, as well as **127 exhibits** (as of 2/12/18) will represent **"the state of the art"** from PMEA and NAFME Eastern Division.
- **Peter Boonshaft** and **Dr. Tim Lautzenheiser** will serve as Thursday's keynote speakers.
- Friday's general session will feature **Anne Fennell**, NAFME Innovations Council Chair.
- A **TED Talk**-style general session will be sponsored on Saturday with violinist and Olympic medalist swimmer **Elizabeth Beissel** as well as high school "non-traditional" student musicians.
- Thursday evening will spotlight the **Pittsburgh Symphony Orchestra** in an exclusive-for-attendees performance at the luxurious Heinz Hall of Pittsburgh.
- The **United States Navy Band** and **Sea Chanters Chorus** will be the climax of Friday's activities.
- On Saturday evening, the **All-State Vocal Jazz and Jazz Band Ensembles** will perform with the **All-East Jazz ensemble**, featuring a combined number PMEA had composed for the All-State and All-East Jazz bands
- The Pittsburgh conference will host rehearsals and concerts of nearly **1500 students** in the 2019 **PMEA All-State** and **NAfME All-East Honors** groups. (Consult *PMEA News* for the conductors.)

What's especially meaningful for retirees? Besides the above, check these out:

- The **first-ever Eastern Division Retired Member Breakfast Meeting** is set for Friday at 8 a.m.
- Keynoter **Dave Hughes** will present a **"Design Your Own Retirement"** workshop on Friday at 1 p.m.
- Bring your instrument/voice to perform in a **band, string or choral "academy"** April 4-5.
- See the next page for local "charms," sightseeing, and "people to do and things to meet..."

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The sights, sounds, and attractions of "The Steel City!"



Being retired means that you can attend any of the NAFME/PMEA concerts, keynotes, sessions, and exhibits you want, or observe a rehearsal or two of PMEA All-State or NAFME Eastern Division ensembles, but then spend a "lion share" of your time exploring "The City of Bridges" this coming April.

- Take a ride on **The Incline** <http://www.portauthority.org/paac/schedulesmaps/inclines.aspx> and eat at the exclusive **LeMont Restaurant** <http://www.lemontpittsburgh.com/LeMont/> in picturesque Mt. Washington.
- Travel around on **Molly's Trolley** <https://www.mollystrolleyspggh.com/> or **Just Ducky Tours** <http://www.justdukytours.com/>.
- Visit the **Carnegie Science Center** <http://www.carnegiesciencecenter.org/visit/>, **Fort Pitt Block House** <http://www.fortpittblockhouse.com/>, **Andy Warhol Museum** <https://www.warhol.org/>, and **Heinz History Center** <http://www.heinzhistorycenter.org/> (all downtown). You might be able to do these in one day... if you rush things a bit!
- Enjoy the **Pittsburgh Symphony Orchestra** featuring the music of Tchaikovsky and Brahms at Heinz Hall on Friday or Saturday, April 5-6 at 8 p.m. or Sunday, April 7 at 2:30 p.m. https://pittsburghsymphony.org/production/55695/list_performances.
- The **Pittsburgh Opera** is presenting *La Bohème* at Benedum Center on Friday, April 5 at 7:30 p.m. and Sunday, April 7 at 2 p.m. <https://opera.culturaldistrict.org/production/55439/la-boheme>.
- Participate in the **Workshop for Educators on the opera "Don Pasquale"** (\$15/fee for lunch) on either April 4 or 6, 2019 from 9:00 a.m. to 4:00 p.m. at the Pittsburgh Opera Headquarters. (Please make a reservation in advance with Marilyn Egan at megan@pittsburghopera.org)
- See the **Point Park University Conservatory Theater Company's** performance of "History Boys" on April 4-5 at 8 p.m. and April 6-7 at 2 p.m. at the Pittsburgh Playhouse's Highmark Theater <http://www.pittsburghplayhouse.com/current-season/conservatory-theatre-company/history-boys>.
- In Oakland, check out the **Carnegie Museum of Natural History** <http://www.carnegiemnh.org/>, the **Nationality Rooms in Pitt's Cathedral of Learning** <http://www.nationalityrooms.pitt.edu/>, the **Carnegie Museum of Art** <http://cmoa.org/art/>, and the **Phipps Conservatory** <https://www.phippsconservatory.org/>.
- Other sites to see (if time allows): the **National Aviary** in the Northside of Pittsburgh <https://www.aviary.org/> (pretty close to the downtown area) and the **Pittsburgh Zoo and Aquarium** (allow for a 30-minute drive) <http://www.pittsburghzoo.org/>.

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PMEA Retired Members: Final call for INFO DESK volunteers!

Want to serve as a friendly "welcome to PMEA" greeter standing near the registration desks? Can you spare an hour or two "manning" the INFO DESK at the NAFME/PMEA Conference April 4-6, 2019 in the David Lawrence Convention Center? If you are planning to attend the conference, please sign-up! Retired members will join PCMEA members, PMEA officers, staff, and Council representatives, in doing a variety of informal networking jobs: "meeting and directing" conferees, exhibitors, clinicians, guests, performers, etc., giving out directions to rooms, distributing materials and updated schedules, selling PMEA memorabilia, assisting in registrations, etc.



After you review the full conference schedule (see online or in the *PMEA News*), please sign-up as soon as possible at <https://www.signupgenius.com/go/10C0845A4A62DA1FB6-2019>. Thanks so much for your participation!

PMEA INFO DESK	Thursday 8:30 a.m.-3:30 p.m.	Friday 8:30 a.m.-11:00 a.m. 1:00 p.m.-5:00 p.m.	Saturday 9:30 a.m.-12:30 p.m. 2:00 p.m.-4:30 p.m.
<i>Half hour time slots beginning at</i>	<i>April 4, 2019 Sample Events</i>	<i>April 5, 2019 Sample Events</i>	<i>April 6, 2019 Sample Events</i>
8:30 a.m.	Band, Choral, and String	Retired Member Breakfast	PMEA Awards Breakfast
9:00 a.m.	Director Academies	(8am) and Academies	
9:30 a.m.		Urban Site Visits (morning)	N. Pittsburgh Youth Flutes
10:00 a.m.	Ambridge Area Steel Band,	Greater Latrobe Chamber	Freeport HS Select
10:30 a.m.	IUP Chorale, North Hills HS	Choir and Dolce Armonia,	Chorale, Simsbury Singers,
	Wind Ensemble	Upper Dublin HS Strings,	PMEA 2019 All-State
		West Shore Percussion	Band & Orchestra,
11:00 a.m.	Radnor String Quartet	GENERAL SESSION NAFME President Kathleen Sanz Duquesne University Electronic Ensemble	Temple University Concert
11:30 a.m.	Messiah College Wind Ens.,		Choir
Noon	Lower Moreland HS Jazz,		Monroe Twp. Percussion
	Hershey Symphony Fest Str.		
12:30 p.m.	IUP Faculty WW Quintet	Design Your Ideal Retirement	GENERAL SESSION "Ted-Talk Style"
1:00 p.m.	Slippery Rock Univ. Jazz,		
1:30 p.m.	Brockton Concert Choir,		Temple University Wind
2:00 p.m.	Nazareth HS Nightingales		Symphony, Tower School
2:30 p.m.	Messiah College Trumpets	Slippery Rock Flute Ensemble	7 th /8 th Grade Chorus
3:00 p.m.	Grove City College Orch.,	Cabin John MS Advanced	Montgomery Blair HS
	Mt. Lebanon HS Wind Ens.,	Band, William Tennent Jazz,	Chamber Orchestra, Mount
	Poquessing MS Choir	Penn State Univ. Glee Club,	View MS Symp. Band,
3:30 p.m.		P2 Select String Ensemble	PMEA 2019 All-State
4:00 p.m.	GENERAL SESSION	Westfield HS Handbells	Wind Ensemble &
	Dr. Tim Lautzenheiser &	Penn State Symphonic Wind	Chorus
4:30 p.m.	Peter Boonshaft		
	Millionaire Strolling Str.	Ensemble	
Evening	Pittsburgh Symphony	United States Navy Band	NAFME/PMEA Jazz &
	Orchestra in Heinz Hall	and Sea Chanters Chorus	Vocal Jazz Ensembles

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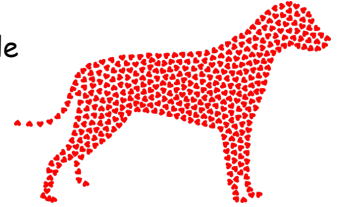


“Fox blogs”

by Paul Fox, from <https://paulfox.blog/>

My “retirement mission” was to write a slew of articles, hopefully helpful to other music educator retirees... and, since the local weather has been a little *iffy* at times in my “neck of the woods” (I hate snow, sleet, and the super-cold! – it’s better to stay inside), I may seem to be a bit prolific over the last several months:

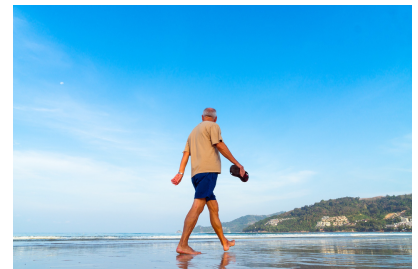
- Pet lovers may enjoy my “Valentine’s Day” message, why retired people should consider **rescuing a dog or cat** at <https://paulfox.blog/2019/02/14/unconditional-love-dogs/>.
- Are you **supervising student teachers**? Check out <https://paulfox.blog/2019/02/02/tips-on-student-teaching/>.
- Are you **teaching college music education methods**? Here are a few resources: <https://paulfox.blog/2019/01/18/a-collection-of-collegiate-treasures/>.
- If you are still **teaching privately**, you might enjoy my last “Fox’s Fireside” at <https://paulfox.blog/2019/01/27/life-hacks-for-musicians/>. A whole series of practicing hints are archived at <https://paulfox.blog/foxs-firesides/>.



Are you a snowbird? (or do you wanna be one?)

Harriet Edleson (AARP) wrote an article on “How to Get Ready for a Snowbird Lifestyle” with these steps to take “before you migrate to a warmer climate for the winter” at (<https://www.aarp.org/retirement/planning-for-retirement/info-2018/how-to-snowbird.html>):

- Pick a snowbird destination and plan how long to stay each year
- Decide whether to rent or own
- Pick which location will be your primary residence
- Consider how you will obtain and pay for medical care
- Prep your northern residence for your absence
- Obtain the necessary homeowner’s (or renter’s) insurance
- Consider travel insurance



Several other websites offer insightful information about becoming a “snowbird.”

- <https://www.vacationsmadeeasy.com/TheBLT/30ThingsYouProbablyDidntKnowAboutSnowbirds.html>
- <https://www.moneysense.ca/save/retirement/a-guide-to-achieving-the-snowbird-lifestyle/>
- <https://www.moneysense.ca/save/retirement/a-guide-to-achieving-the-snowbird-lifestyle/>
- <http://www.dowhatyoulove.com/how-to-be-a-snowbird/>

PMEA webinar on “how-to- retire!” https://www.youtube.com/watch?v=LluJ_OctC4o

If you are within three years of retirement (or want to discover if “you did it right,”) visit this latest recorded video guide to plan and prep “living the dream!”

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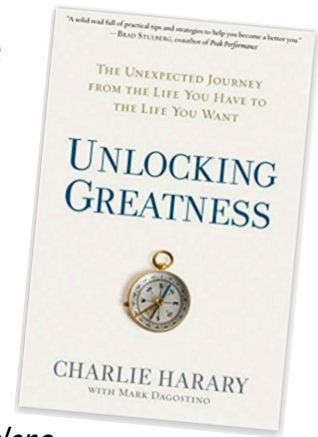




Book-of-the-month: *Unlocking Greatness*

Right on the heels of last month's *Five Thieves of Happiness*, it was by chance I started reading the book *Unlocking Greatness* by Charlie Harary. I was immediately struck with a feeling of *déjà vu* as I scanned through his introduction:

The world has developed so rapidly since late 1980s that it seems impossible to take it all in. Our access to everything has exploded. Health and wealth have increased significantly. Meanwhile, crime and poverty, have decreased. According to every indicator, we should be overwhelmed with happiness. There is still pain and suffering in the world, of course, but compared to 25 years ago, let alone 100 or thousand years ago, we are doing great. So why are we less happy, less satisfied, more fed up, and far less enthused about our day-to-day existence than ever before?



Even though the book is 272 pages long and at times *very deep*, I found it easy reading, stimulating, and possible to pick up and put back down in between short sessions without losing continuity. It is divided into three parts: "How to Experience Reality," "How to Satisfy Our Needs," and "How to Make the Ideal Real." Several of my favorite sections:

- His "mind over matter" chapter, reviewing the research of Harvard professors Rosenthal and Langer with results that confirmed the power of our beliefs will shape reality.
- His use of the metaphor "sunglasses" in defining our "mental schema," and the support of researcher Jean Piaget in our cognitive adaptations, psychological shortcuts, and focus.
- His chapter on deconstructing desire: "Do you *want* it, or do you *need* it?" The formula "Desire = Need + Experience + Expectation" defines a fresh perspective.
- An in-depth section on *neuroplasticity*: visualization of success, like a "flight simulator," to reprogram your mind to be able to accomplish *anything*!
- In "Habits, Rituals, and the Fatal Flaw of New Year's Resolutions," the submission that, although our minds may have unlimited potential, the capacity for self-discipline is limited.
- The final (exhaustive) chapter... taking life's "road trip." His quote: "Life is not about achieving your goals; it's about *having* goals to achieve." It's a journey, not a destination.
- The book's unifying concept that selflessness trumps selfishness.

This may be the greatest "self-help" manual to happiness and fulfillment. It can help you break through the clutter and confusion to find your true purpose, access the strength, capability, and resilience within yourself, and discover your "ideal self" and "ideal life." If you can stand to look at yourself, refocus your perspective, prioritize your goals, and fine-tune your desires, then this is a "must read." As the subtitle suggests, "Take the unexpected journey from the life you have to the life you want!" Transform yourself!





Book on long-term care

I was not planning to review another book, and certainly not use this forum to launch discussion on elder law or finances, but I bumped into *Good Long-Term Care: How to Find It, Get It, and Pay for It* by Carl B. Zacharia on a trip to my attorney to update our wills. This is an outstanding paperback, another *must buy* for you and your loved ones.

Did you know? (as of November 2015)

- Number of nursing homes in the US: 15,657
- Number of beds: 1,663,840
- Occupancy rate: 81.94%
- Average length of stay: 27 months
- National average daily rate for a room: \$240/private or \$212/semi-private
- National average monthly base rate for assisted living: \$3500
- If the average stay is 835 days and the average cost of a semi-private room is \$212/day, your total cost would be **\$177,020**.

Ouch! In conclusion... is it obvious? "Too few people plan for their long-term care."

Zacharia dives into these sections in *great* detail:

The Long-Term Care Maze

Finding Good Care

Care at Home

Residence Options

Getting Good Care

Activities of Daily Living

End-of-Life Care, Hospice, and

Palliative Care

Residents Rights

Paying for Care

Medicare Payment

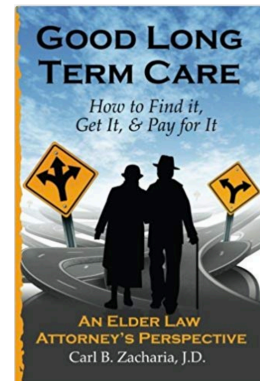
Veterans Benefits

Medicaid

Elder Law Attorneys

Elder Law Required Legal

Documents.



CODA: Trolling the "Net"

Some might say that, at times, "it's hard to impress the Fox," but WOW! Check out this section of the North Allegheny School District website that showcases the history of music staff members who were employed in the district, even those who have retired:

<https://www.northallegheny.org/Page/195>.

Here are three more "online gems" to peruse at your leisure:

- "Ten Things Retirees Won't Tell You" (*MarketWatch*) by Catey Hill: <https://www.marketwatch.com/story/10-things-retirees-wont-tell-you-2014-09-19>
- "Teach the Child, Touch the Future Becomes Music Teacher's Leitmotif" (*Newsok*) by Paula Burkes: <https://newsok.com/article/5581860/teach-the-child-touch-the-future-becomes-music-teachers-leitmotif>
- "21 Lessons for How to Get the Most Out of Life, from a Guy Who Retired at 50" (*MarketWatch*) by Jonathan Look: <https://www.marketwatch.com/story/21-lessons-learned-from-early-retirement-2018-04-12>

Happy trails, retirees! Enjoy your freedom and "living the dream!" Keep in touch! PKF

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