



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!

Favorite Senior Joke Book

<https://www.suddenlysenior.com/favorite-senior-joke-book/>

Stingy Old Lawyer

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, "You can't take it with you."

After much thought and consideration, the old ambulance chaser finally figured out how to take at least some of this money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take a bag some money to the attic and leave them directly above his bed.

His plan: When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning, came upon the two forgotten pillowcases stuff with cash.

"Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement."



The Stages of Success

- At age 4, success is... not peeing in your pants.
- At age 12, success is... having friends.
- At age 16, success is... having a driver's license.
- At age 20, success is... having sex.
- At age 35, success is... having money.
- At age 50, success is... having money.
- At age 60, success is... having sex.
- At age 70, success is... having a driver's license.
- At age 65, success is... having friends.
- At age 80, success is... not peeing in your pants.



Retirement... A Wife's View

A frustrated wife told me the other day her definition of retirement:
"Twice as much husband on half as much pay."

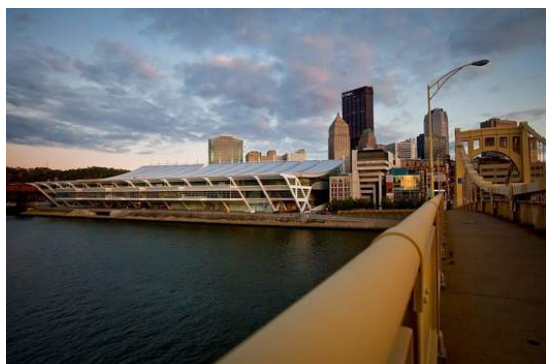
Reality Check

Eventually you will reach a point when you stop lying about your age and start bragging about it.
I don't know how I got over the hill without getting to the top.
How old would you be if you didn't know how you are?





Where in the world is... Mr. Fox?



Photos from
Visit Pittsburgh
by Annie O'Neill
for The Heinz
Endowments'
"Downtown Now"
Photography
Project



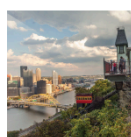
Hint: "Innovation, Access, Inspiration!" and yes, you can just... show up!

As you read this... your PMEA Retired Member Coordinator will be soon participating in the **NAfME Eastern Division Conference** at the David Lawrence Convention Center in Downtown Pittsburgh... and *having the time of his life!*

Where are you?

Being retired is... cool! You are free to do anything you want! Pittsburgh is a wonderful city to visit, and if you give them the chance, **Visit Pittsburgh** staff will talk you into checking out the local sites, cuisine, people, and events! So what if you have to pay a few more dollars for that onsite registration rate! No big deal! For more information, see <https://www.pmea.net/2019-eastern-division-information/>.

10 things to do IN PITTSBURGH



Incline and View from Mt. Washington
Opened in 1877, the Duquesne Incline still delights residents and visitors with its original wooden cable cars. After posing for photos in front of Pittsburgh's famous skyline at the top of Mt. Washington, enjoy a bite to eat at a restaurant with great views of the city. At \$5 for round trip admission, the Incline is a great way to experience Pittsburgh's renowned skyline on a budget.
duquesneincline.org



Strip District Tour
Take a 'Burgh Bits & Bites tour to taste samples from around the world. Have a meal at the original location of Pittsburgh's famous Primanti Bros., or sip samples as you learn about Pittsburgh's role in the Whiskey Rebellion at Wigle Whiskey.
burghfoodtour.com
wiglewhiskey.com
primantibros.com



Professional Sports Stadium Tours
Explore PNC Park, home of the Pittsburgh Pirates; Heinz Field, where enthusiastic fans wave Terrible Towels in support of the Pittsburgh Steelers or PPG Paints Arena, home of the five-time Stanley Cup champions, the Pittsburgh Penguins.
pittsburghpirates.mlb.com/pittballpark
heinzfield.com
ppgpaintsarena.com



Cultural District
The home to Downtown Pittsburgh's dynamic art and entertainment scene, which encompasses 14-square-blocks and nine world-class theaters. Discover a multitude of choices for live entertainment, including contemporary music, modern dance, visual art and thought-provoking theater, as well as, classical music, opera, ballet, popular musical theater and more.
culturaldistrict.org



Senator John Heinz History Center
The Senator John Heinz History Center, a Smithsonian Institution affiliate, is devoted to the history and heritage of Western Pennsylvania. The 370,000-square-foot museum presents compelling stories from American history with a Western Pennsylvania connection. The museum, an interactive environment, is perfect for visitors of all ages and is located in Pittsburgh's historic Strip District.
heinzhistorycenter.org



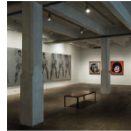
Just Ducky Tours
Just Ducky Tours takes riders on Pittsburgh's only fully-narrated one-hour land and water adventure. Each excursion begins in historic Station Square before wading through town then splashing into the river for the ride of your life in an authentic WWII amphibious vehicle. Along the way, you'll see the sights and sounds of our Great city and learn about its important role in history!
justducktours.com



Gateway Clipper
The Gateway Clipper fleet sails daily, and has several different types of ships, including paddle wheel and open-air riverboats. Take a daily sightseeing tour for an overview of the city, highlighting significant architecture, landmarks and the stunning skyline. See how high the fountain at Point State Park blasts in the air and the fans' excitement at PNC Park and Heinz Field.
gatewayclipper.com



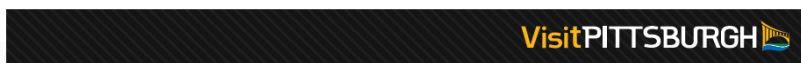
National Aviary
The National Aviary's diverse collection is comprised of more than 500 birds of 150 different species from around the world, many of them threatened or endangered in the wild. The National Aviary's large walk-through exhibits create an intimate interaction between visitors and free-flying birds, including opportunities to hand-feed and meet many species rarely found in zoos.
aviary.org



The Andy Warhol Museum
The Andy Warhol Museum features seven floors of gallery and exhibition space and is one of the most comprehensive museums in the world dedicated to a single artist. The museum's art collection includes 900 paintings, 100 sculptures, nearly 2,000 works on paper, more than 1,000 published and unique prints and 4,000 photographs.
warhol.org



Market Square
Market Square is a hub for a mix of old and new restaurants, as well as free outdoor events such as concerts, markets and gatherings. In the summer, enjoy beautifully landscaped trees with outdoor seating, or shop for fresh fruits and veggies at the farmers market. In the winter, look for the Peoples Gas Holiday Market and the outdoor Macmillan Pittsburgh Ice Rink at PPG Place.
marketsquarepgh.com





PMEA Retired Member Network eNEWS: April 4, 2019

by Paul K. Fox, PMEA Retired Members Coordinator

Special issue for NAfME Eastern Division Retired Members


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Breakfast is on Abi... well, not exactly!


On April 5 at 8 a.m., it's time to "rise and shine!" The annual **PMEA Retired Member Breakfast Meeting** at the Spring Conference will be held in the David Lawrence Convention Center. Besides PA "breaking bread" together and "catching up" on all our travels and pursuits, this year we invite the retired members from CT, DC, DE, MN, MD, MA, NH, NJ, NY, RI, VT, and Europe - the entire NAfME Eastern Division - for a short presentation and a few gifts (besides all of the good humor, food, and time together!).

As always, we are grateful for the funding support of PMEA, and this year, special assistance from a new PMEA Gold Corporate Sponsor: **The Fischetti Barry Group at Morgan Stanley Wealth Management.**

Assess
Collaborate
Transition
Inform
Validate
Advocate
Train
Engage



ACTIVATE **PMEA Retired Members**



GOALS OF PMEA: **A**ssess the needs and interests of PMEA Retired Members. **C**ollaborate on various new projects and programs. Help soon-to-retire members to **T**ransition the passage to a happy and healthy retirement. **I**nform them of news and happenings from PMEA and its retirees and active members. **V**alidate and archive their contributions to the profession. **A**dvocate for them and their views and goals. **T**rain them towards meaningful self-reinvention and personal growth. **E**ngage them to continue "making a difference" in PMEA and the music education profession.

Number of PMEA Retired Members = **362** (as of 3/1/19)
Number of PMEA Retiree Resource Registry participants = **137**

All you need to do to participate is register for the conference. Wow, yet another perk!

Our initial retiree guest list is as follows:

David Barron, Elizabeth Barron, Arlene Bennett, Mike Buterbaugh, Ed Chiarello, Rick Coulter, David Cree, John D'Ascenzo, Paul Fox, Thomas Gellert, Stacy Gray, Dale Hertrick, Gail Jones, John (Buzz) Jones, Mary Loyer, Lori Luurtsema, William McDevitt, Jeffrey Miller, Cynthia Miller-Aungst, Victoria Moule, Chuck Neidhardt, John Potlunas, Joanne Rutkowski, James Scanga, Rebecca Squire, Kathleen Thumpston, Richard Victor, Jane Wall, and Ronald Wasser. (List as of 3/21/19)

Left is a copy of our moniker and cover page of the PMEA ACTIVATE presentation.

Personally, I think we have a lot of which to be proud as PMEA Retired Members:

- Annual Breakfast Meeting**
- Ultimate Retiree Resource Guide**
- Retiree Resource Registry**
- Designated sessions at conferences**
- How-to-Retire Video**
- Lists of PA community ensembles**
- Retired Member eNEWS**
- List of PMEA composers**
- Articles in PMEA News**
- Representation on the PMEA Board**

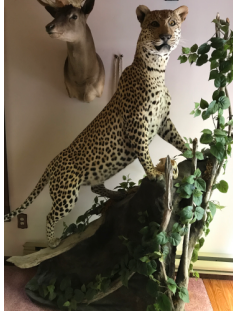
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It's no "trivial pursuit!" PMEA retirees are always on the move!

Please send more "stuff" to paulkfox.usc@gmail.com



1. What does Richard Merrell like to do in his spare time?

2. Why is David Cree wearing a green hat here?



Answers:

1. Big game hunting.
2. Performing a St. Patrick's Day concert with the Lakeland Florida Licorice Sticks.
3. Surrounded by his former students, he was attending the annual North Hills HS Wind Ensemble Invitational.

3. Where was David Buetzow on February 28, and who are these guys?

Checking in with the "retirement gurus"

This is a reminder to visit our very-own "one-stop link" to advice and resources on retirement transitioning, encore careers, "senior" health needs, hobbies, finances, travel, volunteering, and self-reinvention: <https://paulfox.blog/for-retirees/>.

Several other websites, sharing thoughts from "the experts on retiring and aging" themselves, offer even more insights and recommendations:

- **Choosing the Right Car in Retirement** by Sally Perkins:
<http://lovebeingretired.com/2019/03/07/%ef%bb%bfchoosing-the-right-car-in-retirement/>
- **Investment Options for Retirees** by Veselina Dzhangarova:
<http://lovebeingretired.com/2019/03/01/investment-options-for-retirees/>
- **Strategies of Retirement Super Savers** by Joe Hearn:
<https://intentionalretirement.com/2019/03/strategies-of-retirement-super-savers/>
- **How to Keep Loneliness from Ruining Your Retirement** by Joe Hearn:
<https://intentionalretirement.com/2019/01/how-to-keep-loneliness-from-ruining-your-retirement/>
- **If I Ran AARP for One Day, Here's What I'd Do** by Ken Dychtwald:
<http://agewave.com/aarp-if-i-ran-aarp-for-one-day-heres-what-id-do/>





Book-of-the-month: *Winning at Retirement*

Just when you think there are no more "excellent reads" out there on retirement prep and realization, another one comes around!

Hopefully you are closely following this series of book reviews, and have joined me in consuming a couple excellent resources

including *Five Thieves of Happiness* by Dr. John Izzo and *Unlocking Greatness* by Charlie Harary (older "quick looks" are

indexed at <https://www.pmea.net/wp-content/uploads/2019/01/Retired-Member-Network-eNEWS-010319.pdf>).

I believe it is important for all of us music teachers venturing into our "senior years" to seek understanding of this "life passage!" Happily, I stumbled on

Winning at Retirement - A Guide to Health, Wealth and Purpose in the Best Years of Your Life by Patrick Foley and Kristin Hillsley (2018). This is another "keeper!"

The best place to start a "quick scan" of any publication is to read the introduction and the cover highlights.

"If you are in retirement, or starting to look forward to it, we have some good news for you: turns out the peak ages for happiness are later in life. In fact, people are more likely to describe themselves as "very happy" at 69 than at any other age. One study found that just under half of retirees describe themselves as 'very satisfied' in retirement."

— "Introduction" in *Winning at Retirement*

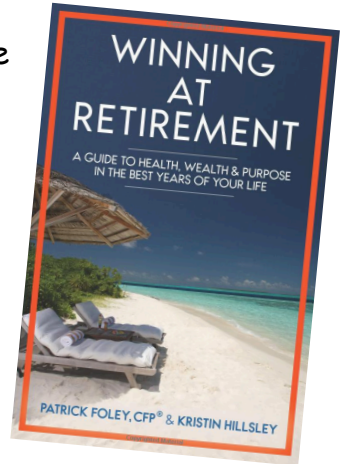
"About half of American retirees described their post work years as the best time of their life. Winning at retirement is a step-by-step guide to ending up among that happy half. Authors Pat Foley and Christine Hillsley take a practical, inspirational, and entertaining look at the process of seeking happiness and what could be your best years."

"*Winning* offers plain language advice on matters like Social Security, Medicare, and investing. But it also emphasizes the importance of seeking a meaningful, impactful identity in the senior years, and describes how to do so.

"Today's retirees are plugged in. They have smart phones, our Internet savvy, and follow their grandchildren on Facebook. When he takes a thoroughly modern look at the subject, describing web tools, apps, TED Talks, and the vast world of resources that are at your fingertips in a quest for financial stability, health, and purpose."

— Back cover of *Winning at Retirement*

So, what is really "unique" in this fun, inexpensive, inspiring, and easily-accessible book?





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- Gray boxes throughout its 257 pages of recommended Ted Talks to visit and learn things like "the Surprising Science of Happiness" by Dan Gilbert and "What You Can Do to Prevent Alzheimer's" by Lisa Genova.
- The "retirement happiness map" in the last chapter, labeled with "wellness," "Social Security," "Medicare," "purpose," "location," and "money," as well as other design-you-own subtopics.
- Endnotes at the close of each chapter with additional resources for you to research.
- Charts on things like comparing Medigap plans and Part B Premiums for 2018.
- Other books have made me dizzy offering comprehensive details on Social Security scenarios for couples, but this may be one that brings these out with greater simplicity and clarity.



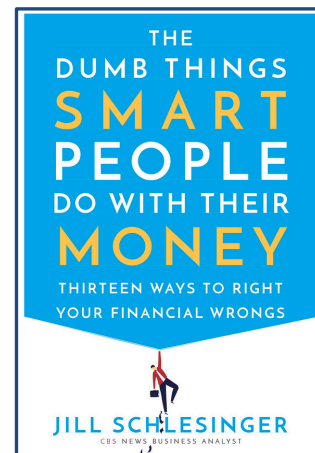
Authors Patrick Foley
and Kristin Hillsley

Get a load of the all-inclusive "Table of Contents" for *Winning at Retirement*:

1. A Life of Purpose
2. A Game Plan for Social Security
3. Five Money Maxims
4. Managing Your Nest Egg
5. Navigating the Maze of Medicare
6. Move It!
7. Eating and Thinking Your Way to Better Health
8. Your Legacy
9. Location, Location, Location
10. Tech Tools for Retirement Success
11. The Retirement Happiness Map

Coming attractions – to be reviewed in the May

Looking to get a head-start on next month's book? Try getting your hands on the recent release by CBS News Business Analyst Jill Schlesinger, *The Dumb Things Smart People Do with Their Money - 13 Ways to Right Your Financial Wrongs*.



CODA: Are you out there?

As your representative and voice at the state level for PMEA, I often wonder what I can do to help YOU. In addition, repeated by every *PMEA News* editor, many of us wonder if the membership even takes the time to read our publications "cover-to-cover." We get nearly zero feedback and contributions to the PMEA columns and forums. Can you send me retiree news, views, and "happenings" from your area? Pretty please?

Happy trails, retirees! Best wishes to continue "living the dream!" Keep in touch! PKF

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