



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

Fall riddles and jokes for kids of all ages

by All Pro Dad <https://www.allprodad.com/15-fall-riddles-and-jokes-for-kids/>

Who won the skeleton beauty contest? *No body.*

Who helps the little pumpkins cross the road to school? *The Crossing Gourd.*

What do you get when you divide the circumference of your jack-o-lantern by its diameter? *Pumpkin Pi.*

I'm tall when I'm young, I'm short when I'm old, and every Halloween I stand up inside Jack-o-lanterns. What am I? *A candle.*

If money really did grow on trees, what would be everyone's favorite season? *Fall.*

What do you get when you drop a pumpkin? *Squash.*

A family of fall leaves were trying to change a light bulb. A squirrel walked by and asked why the bulb wasn't changed yet. The red leaf said, "Because we keep falling."

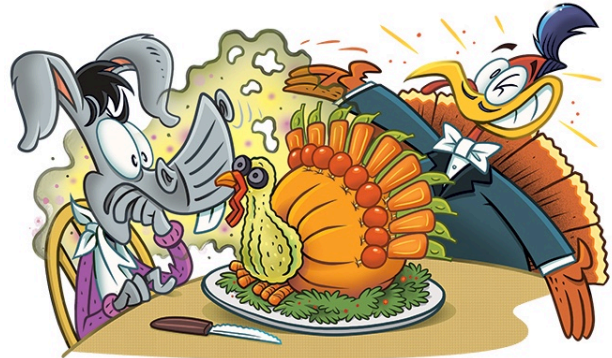
What happened when the turkey got in a fight? *He got the stuffing knocked out of him.*

Who lives in the scary Hundred Acre Wood? *Winnie the Boo.*

Why are all Superman costumes tight? *They're all size S.*

Why do birds fly south in the fall? *Because it's too far to walk.*

Why is Dracula so easy to fool? *Because he's a sucker.*



Comic by Daryll Collins

<https://boyslife.org/home/23855/funny-thanksgiving-day-jokes/>

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." – Oprah Winfrey

Funny (?) Thanksgiving jokes

by Kids Activities © Copyright 2019 <https://www.kidactivities.net/thanksgiving-jokes-kids/>

How did the Mayflower show that it liked America? *It hugged the shore.*

Why was the turkey the drummer in the band? *Because he had the drumsticks.*

Why did the Pilgrims want to sail to America in the spring? *Because April showers bring Mayflowers.*

Where did the first corn come from? *The stalk brought it.*

Why did the Indian chief wear so many feathers? *To keep his wigwam.*

What happened to the Pilgrim who was shot at by an Indian? *He had an arrow escape.*

What are turkeys mostly thankful for at Thanksgiving? *Vegetarians.*

What would turkeys suggest families eat at Thanksgiving? *Any food that is not fowl in taste or smell.*





This month's "Fox Finds"

Yes, you *can* teach an old dog new tricks! Bring on a few new tech tools for retirees!

Last month, we shared a free new app called **loom** for recording presentations from your desktop. It is worth mentioning that loom is pretty easy to use, especially if you have no need for all of the *bells and whistles* of drawing and editing tools and can record your "show" in one take. Check out my video for perusing the Council TTRR website:

<https://www.loom.com/share/5db6c127a5bb446c9cd97adc6a901d80>.



Since bringing this up in **eNEWS**, I found this article about *other* software tools you could use for recording videos, including other "free" versions and the state-of-the-art (\$\$) **Camtasia**: <https://www.shoutmeloud.com/camtasia-alternatives-free-windows-mac.html>.

If you have the need to send out messages to your church, school, sport, charitable, or volunteer group, and have trouble "connecting" with your members, check out **smore.com**, an email generating app for the creation and distribution of smart-looking digital newsletters. It's fairly simple and quick to get started. And, ta-dah... it's also free!

Well, at first look, you *can* send out free communications to group email addresses. (These might otherwise get lost in your recipients' "spam" or "promotions" folder!) However, their "free version" limits you to 200 emails per month and offers no custom backgrounds. In addition, although your work in the "free plan" will always be accessible, there may be limits to the number of times you can edit previously created newsletters.

If you are the secretary or "PR person in charge" of your organization, you might look into **mailchimp.com**, where for \$0/month, you can set-up a data base of up to 2,000 contacts and design eye-catching e-publications, announcements, or advertisements with ease.

There is a proverbial sea of other marketing programs out there. For more information, you might want to peruse this website:

<https://toptenmarketingtools.com/>.



Let me know if you need any (free) tutoring help or advice on **mailchimp** or the program we currently use for PMEA emails - **Constant Contact**. I would be happy to help!





Another topic worth mentioning here under "tech" for all of child-care givers and now part-time teachers or youth directors: **the "UnSelfie movement."**

Put down that smart cellphone or tablet!

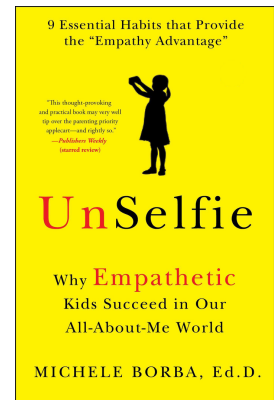
I heartily recommend you "beg, borrow, steal" or purchase the book, *UnSelfie - Why Empathetic Kids Succeed in Our All-About-Me World* by Michele Borba, Ed. D.

From the back cover:

Teens today are 40% less empathetic than they were 30 years ago, often with devastating consequences. In UnSelfie, best-selling author and parenting expert Dr. Michele Borba pinpoints the forces causing the empathy crisis and offers a revolutionary nine-step plan to help parents and educators cultivate empathy and children, from birth to young adulthood, including:

- *Why spanking, yelling, and timeouts can squelch empathy*
- *How lavish praise keeps kids locked in "selfie" mode*
- *Why reading makes kids smarter and kinder*
- *How to help kids be "Upstanders" in the face of bullying*
- *Why self-control is the best predictor of wealth, health, and happiness*
- *How to ignite a "Kindness Community" in your kids and community*

With age-appropriate exercises and examples from years of research, Dr. Borba offers a framework that yields the results we all want - successful, happy kids who grow up to be kind, moral, courageous, and resilient adults.



According to Dr. Borba, in our hyper-connected, social-media-saturated society, many of us (especially young people) are so obsessed with snapping "selfies" and living a virtual life online that we're forgetting how to care for the people right in front of us. She says the resulting "selfie syndrome" is leading to an "empathy crisis" in youth, a condition that is "all about self-promotion, personal branding, and self-interest at the exclusion of others' feelings, needs, and concerns. It's permeating our culture and slowly eroding our children's character."

Her book is deep and very insightful. Last month I had the privilege of seeing Dr. Borba in person doing a presentation at my school, **"Raising Caring, Successful Kids in a Plugged-In, Trophy-Driven World."** If you work with kids, you *have* to read her work!

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Book-of-the-Month: *Your Retirement Quest*

by Alan Spector and Keith Lawrence

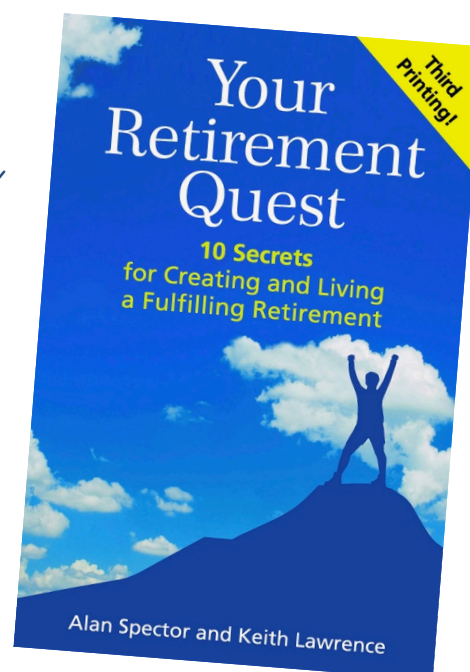
<https://yourretirementquest.com/>

Back cover:

A third of the workforce is over age 50, and 10,000 baby boomers are retiring every day. Many are facing the remaining work years in transition into retirement with increasing anxiety. This is not ideal for either prospective retirees or their employers, who need their most experienced employees to be on distracted and fully engaged at work.

Less than 10% of prospective retirees have developed a plan for the future. If you have paid attention to anything other than financial aspects; yet, financial security is but one of the ten key elements of a successful retirement. Most people spend more time planning a two-week vacation than they do planning which should be the best years of their lives; years they have worked so hard to earn.

Your Retirement Quest provides unique insights, based on extensive research, interviews with hundreds of retirees, and personal experience, about how to prepare for retirement while still working. The book discusses how to best spend your precious retirement time, it provides a proven, practical approach to plan a meaningful future. Experiencing the book will help you feel more confident in your future, more engaged at work, and more energized to live a full and fulfilling retirement.



This is probably "the book" we should have been passing around while we were still "working stiffs" within two or three years prior to retirement consideration.

The refreshing emphasis of authors Alan Spector and Keith Lawrence, both retirees whom have transitioned from 30+ year successful careers at Proctor and Gamble, is to guide you through deep self-reflection on the core questions of life and to get started on fulfilling your goals. Spector and Lawrence are currently partners of **LifeScape Solutions** which enables prospective and current retirees to gain clarity, confidence, and commitment in their futures.



Alan Spector and Keith Lawrence

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The authors present scary statistics capturing the scope of many retirement challenges:

- *10,000 people a day will retire.*
- *The average retiree spends 43 hours each week watching TV.*
- *Retiring is as stressful as getting married, losing her job, or having a close family member become ill.*
- *The highest suicide rate in the US for any segment of the population is men over 70; 50% higher than the suicide rate for teenagers.*
- *Only 35% of retirees have a written plan for their future finances.*
- *The average person today has 1.5 friends compared to three a decade ago.*
- *Only 27% of retirees do community service.*
- *Less than 4% of retirees invest more than four hours per week helping others.*

You should buy the book. Chocked-full of real-life stories, it offers great depth and perspective. As a teaser, I will share their outline of "10 secrets for creating and living a fulfilling retirement," defined throughout the book where they will do the most good.

- | | |
|--------------------|----------------|
| 1. Freedom | 6. Mindset |
| 2. More than money | 7. Team effort |
| 3. Quest | 8. Action |
| 4. Planning | 9. Resiliency |
| 5. Holistic | 10. Time |

Follow-up blog post: **Estate Planning**

"The Elephant in the Room: How to Prepare Your Family for "The End!"

<https://paulfox.blog/2019/10/29/estate-planning-final-instructions/>



I hope you had a chance to check out the 3-book feature in last month's eNEWS. As a summary to the article, I have written a blog posted at the above link.

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On the road... ah, web... again!

Just to "keep you on your toes" and throw out a few new links for your perusal pleasure, check these out:

- **Embracing minimalism.** Is it time to downsize... seriously?
<https://www.forbes.com/sites/nextavenue/2019/09/23/the-joys-of-the-minimalist-life-in-retirement/#f7646b567213>
- **Retired teachers put life lessons to good use!** A collection of articles from *Edutopia*. <https://www.edutopia.org/purpose-prize-retirement-second-career>
- **Strange pastimes!** Did you know that Claudia Schiffer is an insect collector? John Travolta is a jumbo jet pilot? Mike Tyson is a pigeon racer? Or Tom Selleck is an avocado farmer? <https://www.kaplaninternational.com/blog/fun-facts-unusual-hobbies>
- **Travel destinations for seniors.** *Money* ranks the top 10 places for retirees to go. <http://money.com/money/5367113/retiree-travel-vacation-hot/>
- **More travel advice for baby boomers.** An hour-plus of ideas in this YouTube video! <https://m.youtube.com/watch?v=5Ne8ankChZA>

Welcome to our "newly declared" 2019 retired members

Reach out to these newcomers who have joined our ranks of "post-employment bliss!"

- Joseph Accetta
- Kevin Cooper
- Marsha Core
- Debora Dougherty
- John Gasper
- Amy LaRue
- George (Scott) Litzenberg
- Sharon Luyben
- Lois Mann
- Alan Mudrick
- Kathleen Myers
- Cindy Penvose
- Claire Pettigrew
- Scott Salser
- Diane Vrana



"Balloons" by Artturi Mantysaari from Pixabay.com

Also, kudos to the latest additions to the [Retiree Resource Registry](#):

G. Scott Litzenberg (Unionville HS), Lynn Osborne (Santa Fe, NM), Seth Gardner (Haverford Twp.), and Scott Salser (Indiana SD).



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PMEA Retired Member Network eNEWS: November 7, 2019

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

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PMEA retiree scrapbook – past and present

Send your vacation, "encore career," hobby, music happening, family, or pet pics to paulkfox.usc@gmail.com.

"A busy retired music teacher is a happy retired music teacher!"



What better way to "celebrate" an upcoming retirement? Scott Salser reminisced with his former choral students and directed the Indiana High School A Cappella Choir Reunion on May 19, 2019. You can listen to selections from their concert on YouTube: <https://www.youtube.com/watch?v=PzIO21avyYs>



Like father, like daughter:
Sarah & Matt Boice in the
Grove City Alumni Band



Continuing a packed schedule of conducting the Southwest Symphony at Hobbs, New Mexico, Dr. Mark Jelinek presented his Youth Series Concerts on October 7-8, 2019, featuring Dvorak's Carnival Overture, Op. 92 and Slavonic Dance No. 8 in F Major, Op. 46, Kleinsinger's Tubby the Tuba, Wagner's Prelude to "Die Meistersinger," and Manken's Aladdin Suite.

Team Standings					
Show Players					
Last Round Calculated: Round 20 played on 10/1/2019.					
Flight: All Flights					
Flight	Pos	Team	Points	Extra Points	Total Point
Palmer	1	Victor/Zembower	768.0		768.0
	2	Hockinson/Schoener	756.0		756.0
	3	Cooley/Ostrowski	752.0		752.0
	4	Ferrell/Grigor	746.0	3	749.0
	5	Cheesebrough/Jones	742.0		742.0
	6	Gustine/Whittaker	729.0	7	736.0
	7	Raker/Sawyer	700.0	2	702.0
	8	Saccavino/Slocumb	701.0		701.0
	9	Detwiler/Kupinski	699.0		699.0
	10	Frank/Hastings	693.0		693.0

Bragging rights! Proving that retirement is the perfect time to perfect your skills, the rankings for the 2019 season of the "Burning Tee" golf league at the Penn State Golf Course announced Rich Victor and Zeke Zembower as first place in the Palmer Flight!



Rich and Louise



Dottie and Zeke

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What's on the horizon? A super-fantastic Northeastern PA "PMEA outing!"

This is not the first time PMEA has scheduled a conference in the Poconos Mountains (at least one summer leadership conference was held there, if my memory is correct). But this will be our first chance to visit the Kalahari Resort and Convention Center and "the world's largest indoor water park!"

Are you ready to "score some points" as a grandparent, babysitter, or family planner? The official hotel for PMEA's In-Service Conference scheduled on April 23-25, 2020 is the Kalahari Resort (<https://www.poconomountains.com/listings/kalahari-resorts-%26-conventions/2612/>) and best yet, as a retired member, you would only pay a mere **\$15 pre-registration fee**.

Executive Director Abi Young will be sending out more details soon about the special events, keynoters, performances, sessions, and exhibits, and keep a lookout for the next issue of *PMEA News*. But consider booking a room now... and get ready to combine your love of music and education with pleasure... and bring along your roommate(s).

Also, please mark your calendar! We will sponsor the annual **retired member breakfast** (probably on Friday morning, April 24, 2020 - coincidentally on my "big 65" birthday). Let's break bread together, catch-up with everyone, and enjoy all the PMEA amenities!

Please stay "in touch" and send your updates, anecdotes, pictures, etc.

Happy trails, retirees! What's going on in your lives? PKF

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