



PMEA Retired Member Network **eNEWS**: March 5, 2020

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

Page 1 of 9

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!

Short jokes/one liners

<http://www.seniorcitizenstories.com/jokes.html>

- How do you make Holy water? Boil the hell out of it.
- My friend recently got crushed by a pile of books, but he's only got his shelf to blame.
- Why don't you ever see hippopotamus hiding in trees? Because they're really good at it.
- What time is it when you have to go to the dentist? Tooth-hurtie.
- Just went to an emotional wedding. Even the cake was in tiers.
- Why can't a bike stand on its own? It's two tired.
- When you get a bladder infection, urine trouble.
- Pampered cows produce spoiled milk.
- You're not fat, you're just... easier to see.
- If I agreed with you, we'd both be wrong.
- I'll be spontaneous when I get around to it.
- You know you're ugly when it comes to a group picture and they hand you the camera.
- I want to die peacefully in my sleep, like my grandfather. Not screaming and yelling like the passengers in his car.
- Light travels faster than sound. This is why some people appear bright until you hear them speak.

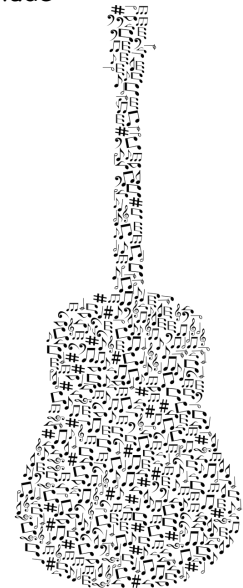


Revisions of 60s and 70s songs

<http://www.seniorcitizenstories.com/jokes.html>

Some of the artists of the 60's and 70's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday. They include:

- Bobby Darin - Splish, Splash, I Was Havin' a Flash
- Herman's Hermits - Mrs. Brown, You've Got A Lovely Walker
- Ringo Starr - I Get by with a Little Help from Depends
- The Bee Gees - How Can You Mend A Broken Hip
- Roberta Flack - The First Time Ever I Forgot Your Face
- Johnny Nash - I Can't See Clearly Now
- Paul Simon - Fifty Ways to Lose Your Liver
- The Commodores - Once, Twice, Three Times to the Bathroom
- Procol Harem - A Whiter Shade of Hair
- Leo Sayer - You Make Me Feel Like Napping
- The Temptations - Papa's Got A Kidney Stone
- Abba - Denture Queen
- Tony Orlando - Knock 3 Times on the Ceiling If You Hear Me Fall
- Helen Reddy - I Am Woman, Hear Me Snore
- Leslie Gore - It's My Procedure, And I'll Cry If I Want To
- Willie Nelson - On the Commode Again



Paul K. Fox
1564 Hastings Mill Road, Pittsburgh, PA 15241
(412) 596-7937 or (412) 854-3459
paulkfox.usc@gmail.com <https://paulfox.blog/>





This month's "Fox Finds" – YouTube for you?

Researching and revamping my session "Social Media – Boon or Nemesis" for the DCMEA Conference in Washington, D.C. (revising my 2019 PMEA webinar), I viewed numerous "emerging technology" sites and resources. Yes, we *can* safely use forms of social media in our teaching! I was particularly inspired by a self-proclaimed "physicist, filmmaker, TV presenter, and **teacher**" – Derek Muller – who somehow captured more than three million subscribers to his YouTube channel *Veritasium*, boasting the educational impact from a ratio of 1:1 (tutoring), 1:14 (small class), and 1:100 (large class), to an amazing 1:250,000,000 online!



Take a moment to view his 2016 World Government Summit video, "How is Social Media Transforming the Future of Education?" at <https://www.youtube.com/watch?v=9N9IOyRiIVE>.

Additional examples of using YouTube for music performance and clinic presentations include everything from the genius of multi-track syncing of a single cappella singer Sam Robson (<https://www.youtube.com/channel/UC9rqoXhRpbIJ2N867HeEUZ>) to the creation of "virtual choirs" by Eric Whitacre (<https://www.youtube.com/watch?v=cnQFvrWDYsU>).

Have you considered setting up your own YouTube channel? Have you ever had a burning desire to document your specialty, lessons, methods, music, media, tips, and pet peeves... leaving behind your hard-earned experience and vision for future music educators?

How hard is it? I found a myriad of websites which provide step-by-step instructions on setting up and managing a YouTube Channel, many geared for business owners and novices in the field of technology. If they can do it, can't a retired music educator?

- <https://www.youtube.com/watch?v=AE6M3hcHnyw>
- <https://support.google.com/youtube/answer/1646861?hl=en>
- <https://buffer.com/library/create-a-youtube-channel>
- <https://www.youtube.com/watch?v=b38ef8n1p4U>
- <https://www.wix.com/blog/2017/03/how-to-start-a-successful-youtube-channel-for-your-business/>

We have already explored in past eNEWS "Tech Talk" columns how to record a video from your desktop, using applications such as [loom.com](https://www.loom.com), the high-end Camtasia app, and other alternatives: <https://www.shoutmeloud.com/camtasia-alternatives-free-windows-mac.html>.

Now all it will take is for you to... *take the plunge!*

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Page 3 of 9



Join us at the 9th Annual Music Education Advocacy Day March 23, 2020 at the State Capitol in Harrisburg

PMEA retired members may be the "perfect ambassadors" and most eloquent advocates to participate. Last year's Advocacy Day schedule and legislative "asks" are still posted for your review:

<https://www.pmea.net/focus-areas/advocacy/>.



For March 23, 2020, a news conference will be held at 11 a.m. in the Main Rotunda. More details will be forthcoming. Hope to see you there!

Book-of-the-month: *The Quest for Retirement Utopia*

by Dave Hughes <http://retirefabulously.com/the-quest-for-retirement-utopia/>

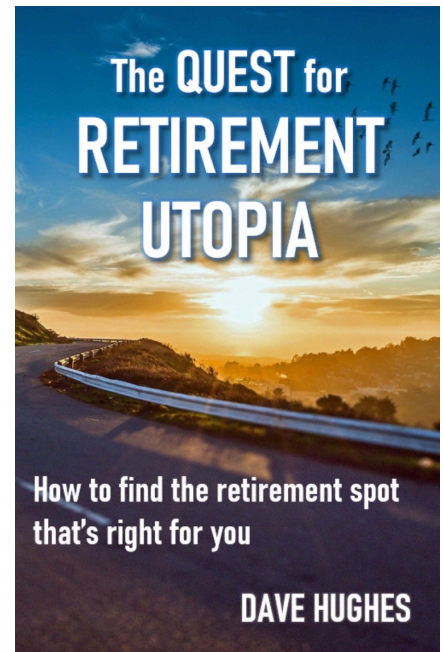
Although I tried my hand at writing an article in the Fall 2018 issue of *PMEA News* "Where Should I Retire?" (see <https://paulfox.blog/2018/10/02/where-should-you-retire/>), I now bow to "the master!" The recently released paperback book *The Quest for Retirement Utopia* represents, in my opinion, *the single most comprehensive guide* on "How to find the retirement spot that's right for you!" It is written by an authority on retirement lifestyle planning - Dave Hughes - whose name should sound a little familiar! Dave presented the session "Design Your Ideal Retirement" at our PMEA State/NAfME Eastern Division Conference last year (handout still posted on the PMEA Retired Member page). He starts out his latest soon-to-be-a-best-seller with this essential question: "If you could live anywhere in the world, where would you choose?" From the back cover:

It's fun to dream about where you'll retire. Without a job tying you down, why not relocate to a place more to your liking?

Perhaps you want to live someplace warmer, closer to the water, with the pace of life is slower. Maybe you want to stretch your retirement dollars by living where the cost-of-living or taxes are lower. You might even be thinking of retiring in another country or spending your retirement in an RV or on a houseboat.

With so much to consider, choosing the place that's right for you can become overwhelming.

The Quest for Retirement Utopia will cover all the possibilities and help you cut through all the daunting and often conflicting information.



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Dave makes the mission of his work clear:

1. It will help you clarify what is most important to you and suggest some considerations that you may not have thought of.
2. It will suggest new possibilities for where - and how - you might retire. In other words, it will help you think "outside the box."
3. It will dissuade you from making a poor choice for where to retire. It's easy to think about places to live in idealized terms, and many websites and brochures accentuate only the positive. Choosing where to live is as much about avoiding the negative factors as it is about maximizing the positive ones. Often warts are hidden, and you don't discover them until after you have moved.
4. It will provide you with the resources you need to properly evaluate the places you are thinking about retiring, so that you can make the most informed choice - the choice that is right for you.



Author Dave Hughes

The 42 chapters are easy-to-read and "short and sweet" (the longest, 43 pages, Part 3: "Best and Worse Places to Retire in the United States") but crammed full of insights to help (as Fagin sings in *Oliver*, "Reviewing the Situation") and consider *the whole picture*.

- | | |
|--|---|
| 1. Welcome | 22. Worldwide pneumatic living |
| 2. Why do you want to move after you retire? | 23. Why retire overseas? |
| 3. What's really important? | 24. Can you really save money by retiring overseas? Should you? |
| 4. Taking a long-term view | 25. Where can you retire? |
| 5. Best places to retire lists - fact, fiction, or fantasy? | 26. The value of expat communities |
| 6. The great data crunch | 27. Buying or renting a home in another country |
| 7. What to look for when you visit a potential retirement destination | 28. Assessing healthcare |
| 8. Where can you pay the lease taxes? | 29. Taxation and other financial concerns |
| 9. A quick look at each state | 30. Culture shock |
| 10. The retirement community phenomenon | 31. Resources for planning your international retirement |
| 11. Changing retirement trends | 32. Retiring to Mexico |
| 12. Twelve factors you must consider before moving to a 55+ retirement community | 33. Retiring to Central or South America |
| 13. Sun city revisited | 34. Retiring to Europe |
| 14. The case for staying in place | 35. Retiring to Southeast Asia |
| 15. Is downsizing the right choice for you? | 36. Retiring to New Zealand |
| 16. Should you rent or buy? | 37. Evaluating LGBT resources in friendliness |
| 17. Avoid these common mistakes when choosing where to retire | 38. Retirement communities for LGBT seniors |
| 18. Retiring to a rural area | 39. Best US cities for LGBT retirees |
| 19. Living in an RV | 40. LGBT laws and rights around the world |
| 20. Living on a houseboat | 41. Can moving to the right place really make you happier? |
| 21. Living on a cruise ship | 42. Are you ready to embark upon your quest? |

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Page 5 of 9

Three easy steps to sign-up and help PMEA 2020

If you plan to attend the **2020 PMEA In-Service Conference** at the Kalahari Resort on April 23-25, we hope you can lend-a-hand and serve as an INFO BOOTH aide:

1. First things first! Take a copy of the last issue of *PMEA News* or click on <https://www.pmea.net/wp-content/uploads/2019/12/2020-PMEA-Annual-Conference-Schedule-1.pdf>. Reserve space for the sessions, concerts, meetings, and time for walking through the Marketplace exhibits. This will prevent any schedule conflicts!
2. If you previously expressed interest to be a Presiding Chair or to assist a session clinician or performer, block out those times, too.
3. Go to <https://www.signupgenius.com/go/10c0845a4a62da1fb6-2020> to sign-up for an hour or two at the PMEA INFO BOOTH.

What will you do? Your job is mostly to "meet and greet" everyone, give out directions to rooms as needed, distribute materials and updated schedules, run the videos for the PMEA INFO BOOTH digital display, and sell a few PMEA memorabilia. If willing, you may be asked to serve as a last-minute (substitute) Presiding Chair or plaque presenter. In addition, we would love for a few volunteers to go around and take candid photos of our people and programs for the PMEA 2020 album. *Thank you in advance for all your help!*

Kudos to staff members Abi Young, Marissa LaBant, Kayla Stiely, and Kelly Gressley, PMEA state officers, the PD Council, and PD Chair Deb Chrisman for planning an incredible set of workshops, keynotes, exhibits, and concerts... *something for everyone!*

Here are a few of the special features and "superstars" of this year's event:

- Free continental breakfast during the grand opening of the Music Education Marketplace in appreciation of our Corporate Sponsors.
- NAFME Eastern Division President Keith Hodgson
- Olympic medalist swimmer Elizabeth Beisel
- PMEA Modern Rock Band exhibition
- PMEA Innovations Stage
- Project Trio chamber music group
- Little Kids Rock founder David Wish
- Updates from PDE Fine Arts Consultant David Deitz
- Butler Rock Orchestra, Director Katie Vercek-Black
- Saturday Modern Band training
- PMEA All-State performance groups
- Onsite "the world's largest indoor water park" (to bring the grandchildren!) and numerous other local attractions



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Page 6 of 9

There's still time to register for PMEA 2020

Retired member registration for the annual spring conference on April 23-25, 2020 is **only \$15** (wow - what a deal! - but it must be postmarked by April 10; onsite fee is \$20). All forms/links are posted at <https://www.pmea.net/pmea-annual-in-service-conference/>.

Abi has mentioned that the block of discounted hotel rooms for the conference has sold out, but recommends you check back with the Kalahari registrations department to see anything frees up later. Other local accommodations in the area include the following:

Comfort Inn & Suites (2.9 miles)

3189 PA-940
Mt. Pocono, 18344
570-972-2130

Best Western Plus (8 miles)

2647 PA-715
Tannersville, 18372
570-629-4100

Days Inn (8.3 miles)

126 Hill Motor Lodge Rd.
Tannersville, 18372
570-664-0919



Abi promises there will be no snow during the spring conference!



Retirement 101 - Preparations to "Living the Dream" will be presented by Paul Fox on April 23 at 3 p.m.

Please RSVP for the annual PMEA Retired Member breakfast meeting

If you can make it to the conference, *breakfast is on PMEA!* The date? **April 24, 2020**. Please reserve your spot by emailing the Retired Member Coordinator:

paulkfox.usc@gmail.com So far, we plan to "entertain" *this* lively bunch of retirees:

Nancy Beitler

Margaret Bauer

Doug Bolasky

Dave Cree

John D'Ascenzo

Paul Fox

Sharon Hotchkiss

Mark Jelinek

Scott Litzenberg

Mary Loyer

Charles Neidhardt

James Scanga

Rich Victor

Marie Weber



Updates to the Retiree Resource Registry

Our newest entries to the R³, the "who's-who directory of past leaders in PA music programs," recognize **Steve Leopold**, **Kenneth Myers**, and **Liz Mongan**.

<https://docs.google.com/spreadsheets/d/1PElt4SBMUtNBpYYjpSwdxIruGpt9PntXO1iHgoYbGgE/edit?usp=sharing>

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Page 7 of 9

We're proud of our music teacher retirees!

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



One could say retiring "at the top of his career," Ken Myers (shown here with wife Annamarie) directed his Chamber Choir at Carnegie Hall in January 2019, and enjoyed the touching tribute of a Port Allegany Alumni Concert in his honor at <https://www.youtube.com/watch?v=2G4vdlOP2iw&feature=youtu.be&fbclid=IwAR0d1XXPW/Bbz bHrHl teSvyRLUx A3NEsyfFZ3qsrqHKAGjHYzzuuBDkxwXWg>



Michael, son Brandon, and Carla Buterbaugh: "From a young age, my father instilled a deep love for music and placed tremendous value on music education, molding me into the musician and educator I am today. I cherish the times we have performed together and value the lessons he has taught me on developing my own art. I have fond memories of watching my father work with students, treasuring every second and gaining fulfillment that his work brought. Thank you, Dad! You are an inspiration." Happy Father's Day 2019



*Looking good,
Joyce & Dave Gerstenlauer*



Farmer Corky Whitacre?



Thumbs up, Liz Mongan, for celebrating the 50th Bandarama

*Jeffrey Dent, Associate Director
Repsz Community Band*



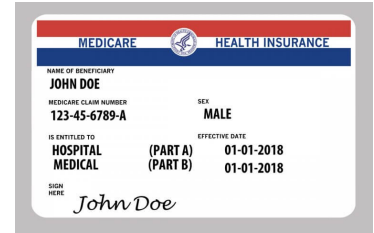
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Short takes: "Getting personal with number 65"

Next month will be the big day! My wife does not understand why I am so happy about bragging to the world the celebration of my 65th birthday! It's simple!
Hooray, I made it... alive!



I love retirement. I love the freedom. I love being able to do the things I want to do when I want to do them. And, I'm happy to have reached that *official senior citizen* summit with most of my teeth, good health, and self-fulfillment, if not all of my sanity.

So, last month was time to call the Social Security office. Drum roll, please! I needed to sign up for Medicare. Also, if you are a part of PSERS, you reach a major crossroads for health insurance decision-making! Should I enroll in the PSERS **Health Options Program**?

If you were *lucky* enough to have earned this benefit, go out and poll your medical providers, GPs, dentists, eye doctors and other specialists, and pharmacists. For my experience in Western PA, to a single voice, everyone says HOP is an *outstanding plan*.

One of your first decisions may be whether or not you want to choose HOP's Medicare Supplement option or one of the HOP Medicare Advantage plans. To keep it simple, another question should be asked first: Will you stay where you are now (same network of MDs and hospitals), or do you need a broader range of providers based on location?

Personally, for my entire 35-year career in the public schools, we were assigned to Highmark. If you are venturing "out of town" or want to try UPMC specialists, then that should enter into the equation. I understand that most Medicare Supplement plans allow going to *any* physician that takes Medicare patients. More freedom? Perhaps, but for the HOP supplement, you may have to pay extra \$\$ for dental, eye/hearing care, and gym benefits.

Whatever you do, study your options carefully, and visit the PSERS HOP website:

<https://www.hopbenefits.com/>. More future thoughts upcoming on this topic... so, please *share your input!*



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Dal Segno: Is moving the right choice?



<https://kathysretirementblog.com/2020/01/11/revelations/>

<http://retirefabulously.com/2020/02/01/21-things-to-look-for-when-you-visit-a-potential-retirement-destination/>

The focus of our "Book-of-the-Month" is on *where to retire*, and I stumbled on the first-of-the-year article from one of my favorite retiree bloggers - Kathy Merlino (see above, top link). Instead of proclaiming her New Year's Resolutions, she defines her own personal "Revelations," deciding to transplant herself and her husband closer to family members, albeit facing a difficult transition to an entirely different environment, landscape, and climate zone. Read her inspiring posting.



On a similar subject, an excerpt from *The Quest for Retirement Utopia* by Dave Hughes is the blogpost "21 Things to Look for When You Visit a Potential Retirement Destination" (see above, second link).

"No place is perfect."

"Every place has some downsides. Find out what they are and decide whether or not you can live with them before you start packing and put your house on the market."

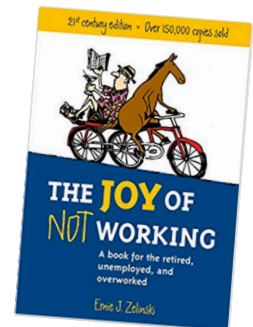
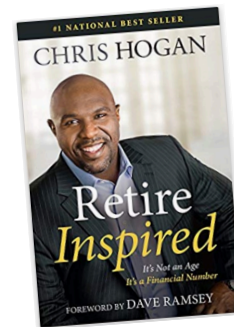
Spend as much time visiting a place before moving there as you possibly can. Visit during different seasons. One of the most common mistakes people make is committing to a retirement destination without spending a significant amount of time there first."

Coda: Coming soon...



Trying to keep up with "The Fox?" Our next book reviews may cover the following: *Retired Inspired* and *The Joy of Not Working*.

Do you like to read this e-publication? If so, please send the retired member coordinator "stuff" to fill its pages! Otherwise, this could be the *last* monthly issue of **eNEWS**!



Fine: NAFME election results

Congratulations to Scott Sheehan, Hollidaysburg Area SD (Past PMEA State & NAFME Eastern Division President) for being elected to the position of NAFME President Elect 2020-2022. Two PMEA members have previously served as NAFME National President: Frances Andrews (1970-72) and Russell Getz (1982-84). We are thrilled to add Scott to this list and wish him the best as he serves music educators from across the country.

We are always looking for pictures and updates from our retirees!

"Connect" with your colleagues using this forum! Happy trails, *retired members*! PKF

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