



PMEA Retired Member Network **eNEWS**: July 2, 2020

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

Page 1 of 10

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!

Bad or macabre jokes during a “challenging” time

Researchers and counselors seem to agree - We *need* shameless and farcical examples of “COVID-19 Comedy,” “Pandemic Parody,” and “Quarantine Quips” to get ourselves through the day. Please enjoy these! (We hope we’re not offending anyone’s sensibility!)

- What if the quarantine is just the aliens fattening us up before the big harvest?
- One dog to another: Why are all the humans wearing muzzles? Did they all bite someone?
- **Reminder: 9 p.m. is the time to remove your day pajamas and put on your night pajamas.**
- Guys, if you are bored during a lockdown, call a woman’s rights group and ask to speak to the man in charge.
- Never in my wildest dreams did I imagine I’d go up to a bank teller with a mask on asking for money.
- **Ran out of toilet paper and now using lettuce leaves. Today was just the tip of the iceberg, tomorrow romaine’s to be seen.**
- If you thought toilet paper was crazy, just wait until 300 million people all want a haircut appointment at the same time.
- Breaking news: Wearing a mask inside your home is now highly recommended. Not so much to prevent COVID-19 but to stop eating.
- **Anyone else’s car getting 3 weeks to the gallon at the moment?**



I made the mistake of telling my husband an early symptom of COVID is loss of smell. He’s taken to passing gas in my vicinity and then when I react, informing me he is helpfully “performing a health check.” He taught the children the technique. I may divorce him.

A man takes his wife to get tested. Two days later, he gets a call from the lab.

Doctor: “I’m sorry to inform you that your wife’s test results were mixed up with another patient’s. We’re not sure if she has COVID-19 or Alzheimer’s disease.”

Man: “So, what am I supposed to do now?”

Doctor: “Take her for a long walk and leave her. If she finds her way home, don’t open the door.”

More links and research to back up our need for these “forensic funnies” to “cope with the coronavirus.”

The Power of Dark Humor - The Healing Effects of Joking About Death, Illness, and Depression by Steven Handel

<https://www.theemotionmachine.com/the-power-of-dark-humor-the-healing-effects-of-joking-about-death-illness-and-depression/>

Maintaining a Sense of Humor to Cope by Elizabeth Scott

<https://www.verywellmind.com/maintain-a-sense-of-humor-3144888>

Guffawing Through Face Masks: Some Turn to Gallows Humor to Cope with Pandemic by Scott Simon

<https://www.npr.org/2020/04/04/827241680/guffawing-through-face-masks-some-turn-to-gallows-humor-to-cope-with-pandemic>

Coronavirus Humor <https://www.facebook.com/coronavirusmadness/>

Real Funny <https://www.facebook.com/RealFunny.net/photos/a.1487580358150328/2621370458104640/>

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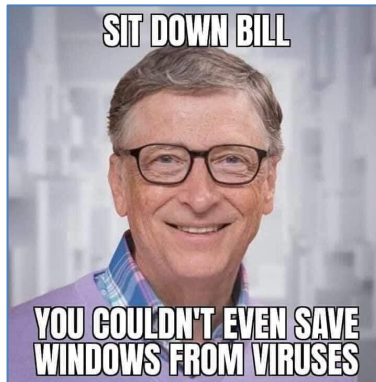
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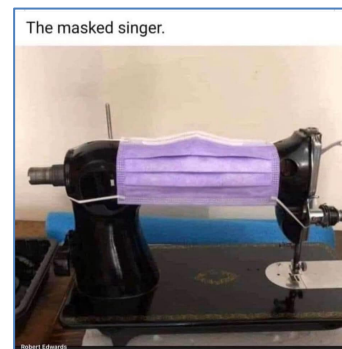
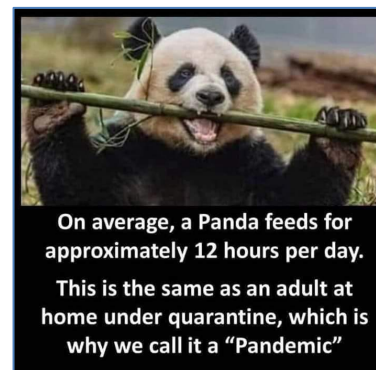
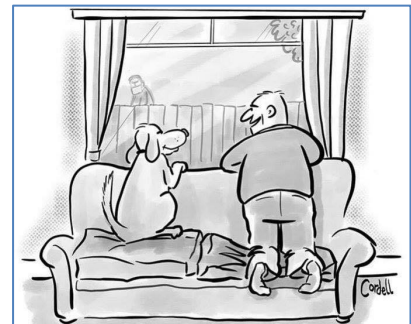
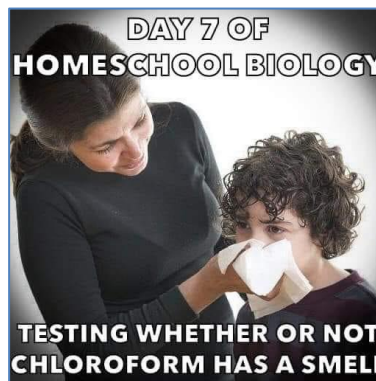


Gratifying (but a few gross?) "graffiti"

from members and sources above



The Hills are closed



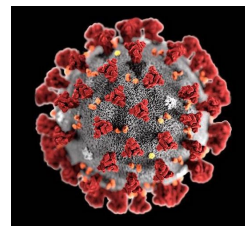
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Inspiration, insight, and... laughs!

- **Con Fuoco Trombone** ("flames to kill the virus!") <https://youtu.be/Jcm0igXG1oI>
- **Go Away, Corona!** <https://m.youtube.com/watch?v=uL52AuF4QzY>
(Daniel Emmet is an opera singer/contributor to Season 13 of *America's Got Talent*.)
- **Rube Goldberg Exhibition During the Lockdown** from Jim Bennett
<https://www.facebook.com/jim.bennett.750/videos/4284286914930573/?t=0>
- **Quarantine Theme Song** <https://www.facebook.com/watch/?t=83&v=616067949250198>
- **Count on Me** (virtual musical "cheer-up" from the Hershey Music Faculty)
<https://drive.google.com/file/d/1oD-LS27S6D3rqrSujdk3ZmBVJWJE5O6d/view>
- **Alleluia** (COVID Cello Project) https://www.youtube.com/watch?v=-as_jiVvOMA
- **Pandemic Blues** <https://www.youtube.com/watch?v=nTquNTOOE-s>
- **Family's Lockdown Adaptation of *Les Misérables*** <https://www.youtube.com/watch?v=wdc50Nbo7Ng>
- **What the World Needs Now** (for virtual orchestra)
https://www.youtube.com/watch?v=QagzdvzzHBQ&feature=youtu.be&fbclid=IwAR0ZqBpTcYIDTdHSAY4UwyLq-7RI3QLmUPbC6XzDhkMAePDuLg6oDMHm_4
- **I Want to Know What Day It Is** <https://www.youtube.com/watch?v=MH4TVYT1OYQ>
- **Couch Choir - (They Long to Be) Close to You** <https://www.youtube.com/watch?v=HezxInuN1YA>
- **My Favourite Things** (COVID-19 version) <https://www.youtube.com/watch?v=1aAnPFeo11s>
- **Music Teacher's COVID-19 Song** <https://www.youtube.com/watch?v=1f7OwFqTnc0>
- **The Telephone Hour - A Pandemic Parody** <https://www.youtube.com/watch?v=E30YKA1hnSM>
- **Opera During a Pandemic**
https://www.youtube.com/watch?v=7S5WnAIogxQ&feature=youtu.be&fbclid=IwAR0aMvHQm2NvvjYn9aRPP1ghq0B011S0YaaiihvmOIBACNgGkDAdY4o4_VM
- **If Broadway Songs Were About Quarantine** https://www.youtube.com/watch?v=boB1x2P3W_g
- **225 Musicians. 29 Countries. 1 Band.** <https://www.youtube.com/watch?v=0zeoHtfkxQg>
- **Coronavirus Rhapsody** <https://www.youtube.com/watch?v=9Eo9M4-BrJA>
- **You'll Never Walk Alone Virtual Choir/Orchestra. 15 Countries. 300 People**
<https://www.youtube.com/watch?v=0zeoHtfkxQg>
- **Mind Blowing Zoom Call** https://www.youtube.com/watch?v=AXDkQ_wo66A
- **Musician Finds a New Voice Making Pandemic Music Parodies** (Chris Mann - see below)
<https://www.youtube.com/watch?v=dyyo9pP9mYw>



Send us your
favorite link to
share with
fellow retirees!



Sample Chris Mann recordings

"Adele Parody"

<https://www.youtube.com/watch?v=M5azNpTwVk8>

"I Call My Friends on Zoom"

<https://www.youtube.com/watch?v=b4FkyjcN5mQ>

"Daycare Closed"

<https://www.youtube.com/watch?v=fakf4cq4Ygw>

"My Corona"

<https://www.youtube.com/watch?v=oJrtwXqqc6g>

"Thank U Frontline"

<https://www.youtube.com/watch?v=xGKFVMgjrPc>

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This month's "Fox Finds" – More memes and music education online

Okay, I admit it! I still have extra "pandemic pictures" and cartoons and am looking for the excuse and places to put them! This month's "tech tips" article looks as good as anywhere else!

Many of our retirees *are* exploring web-based and alternative music teaching. Perhaps you are among those professionals who are using the Zoom app for private teaching, coaching remote sectionals of your church or community ensemble, or just helping out providing instruction for the music methods courses of your local college music education program.



Last month, we directed you to the super-omnibus "online music education" link posted in the focus area of the [PMEA Council for Teacher Training, Recruitment, and Retention](#). In May, this was "beefed up" with the creation of a [virtual teaching resources](#) webpage... so, follow the red toolbox or go to <https://www.pmea.net/pmea-preparing-for-the-future/>. The PMEA [Preparing for the Future](#) site should be your best "first stop" for much-needed "tech and transitioning advice."

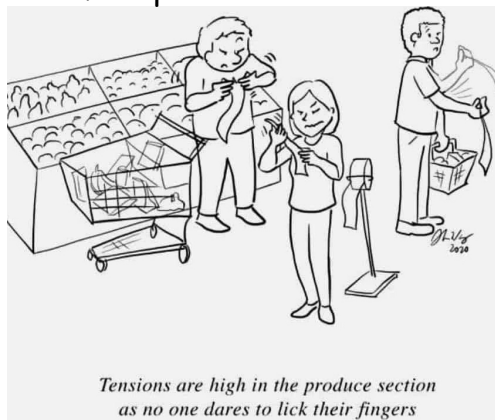
- Updates from President Tina Bennett
- Advocacy
- Virtual Music Learning - Engaging Students During the Break
- COVID-19 Instrument Cleaning Guidelines
- Distributed Music Recordings: Guidelines and Listing from NFHS and NAFME
- Together as One: The Marching Band Project
- PMEA Preparing for the Future



The helpful Facebook group, [Music Educators Creating Online Learning](#)

<https://www.facebook.com/groups/mecol/>, with 42K-plus members, is also the source of many of the "fun" pics in this eNEWS.

What zoom meetings remind me of...



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Page 5 of 10

Blog perusals

"Inspiration may be just around the corner... and yes, online!"

- One resource that could have been added to my tech column above: **Trisha Felder** posted the insightful article, **7 Technologies to Help Seniors to Avoid Isolation**
<http://lovebeingretired.com/2020/04/27/7-technologies-to-help-seniors-avoid-isolation/>
 1. Communication
 2. Digital Voice Assistants
 3. Medical Alert Systems
 4. Telehealth
 5. Medication Management
 6. Digital Games
 7. Robotoics
- Our "friend of PMEA," retirement expert, author, and past conference presenter **Dave Hughes** offers a few possibly surprising research-based observations in his **It's Time to Rethink What Makes a Good Place to Retire**
<http://retirefabulously.com/2020/04/27/its-time-to-rethink-what-makes-a-good-place-to-retire/>
- It's always good to revisit the innovative Age Wave website, including this question/answer video session of cofounders **Maddy and Ken Dychtwald** on **Turning 70 in the Time of COVID-19**
<https://www.youtube.com/watch?v=XnjIb3hYXkE&rel=0&autoplay=1>
- On his *Intentional Retirement* website, **Joe Hearn** shares the very timely article **Why COVID-19 May Be the Best Thing to Happen to Your Retirement**
<https://intentionalretirement.com/2020/05/why-covid-19-may-be-the-best-thing-to-ever-happen-to-your-retirement/>



Trisha Felder was a guest blogger for Dave Bernard's lovebeingretired website



It's time for a "virtual" conference!

What a unique idea! Stay safe at home, fire-up the computer or iPad, and let's get together for an "online version" of the PMEA Summer Conference (July 20-24, 2020). More details are shared on the PMEA website: <https://www.pmea.net/pmea-summer-conference/>.

These retirees were going to "break bread" together and help "The Fox" celebrate his 65th birthday on April 24, 2020 at the **annual retired member breakfast**. FYI, a gift was purchased for all of you. So, please make plans to attend PMEA Spring 2021 in Erie, PA!

Margaret Bauer
Nancy Beitler
Doug Bolasky
Dave Cooper
Dave Cree
John D'Ascenzo

Paul Fox
Sharon Hotchkiss
Mark Jelinek
Jane Lamb
Scott Litzenberg
Mary Loyer

Charles Neidhardt
Bill Pendziwiatr
James Scanga
Cristal Sheaffer
Rich Victor
Marie Weber

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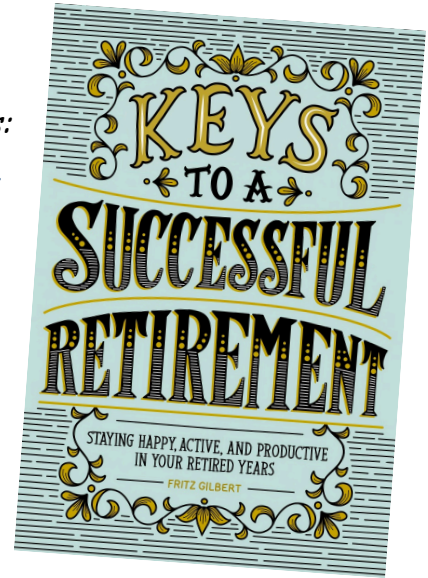
Book-of-the-month: *Keys to a Successful Retirement* by Fritz Gilbert

<https://www.theretirementmanifesto.com/big-news-my-book-is-launching-keys-to-a-successful-retirement/>

Hot off the press... another beauty!

From the author on his blog regarding the May 5, 2020 launch of his book, *Keys to a Successful Retirement - Staying Happy, Active, and Productive in Your Retired Years*:

"The transition to retirement - It's a fascinating time in life and the focus of this book. Some folks do well with the transition, and some folks don't. I've studied the difference between those two camps, and I've been writing on the topic for five years on this blog. *Keys to a Successful Retirement* highlights 24 keys that increase your chances of having a successful retirement. It's been a pleasure to summarize all of my learnings over the past five years into a concise, easy to read book which summarizes the keys to a successful retirement."



Admittedly, this was one of the easiest reads I've had on planning for "hard" (financial) and "soft" (lifestyle) issues related to retirement. The paperback has only 136 pages, and that includes an awesome set of retirement "go to" resources including lists of websites, books, blogs, podcasts, financial planners, and retirement coaches printed on the last 19 pages.

From the back cover:

"Congrats on your retirement! But now, what will you do with all that free time? With keys to a successful retirement, you'll discover everything you need to know to get your retired years off to a great start.

Covering topics like finances, embracing your passions, and dealing with difficult feelings that make crop up (aimlessness, grief, depression), this in-depth guide to retired living answers all the burning questions you have - as well as those you're free to ask. Take a complete look at your new found freedom and explore what it really means to have a successful retirement.

- Essential basics - Make sure your retirement-ready with advice for managing your savings, dealing with healthcare, staying fit, and more.
- Handling tough times - Dig into the more challenging aspects of retirement, like how to best handle the effects it can have on your mental health.
- Be your own boss - get guidance that teaches you how to decide what you want your retirement to be and how you can lean into the things that you love."



Author Fritz Gilbert

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Page 7 of 10

The book is laid out with simplicity using these illuminating chapter headings:

1. Retirement Is Like Baking a Cake
2. What to Do When the Paycheck Stops
3. It's a New Day: Routines and Relationships
4. Hidden Challenges
5. Embracing Passion to Create Your Ideal Retirement



Small but precious, just like a diamond! Chris Hogan, author of last month's eNEWS review of *Retired Inspired*, also raved about Fritz Gilbert's research. More worksheets and what Gilbert calls "infographics" are available from his award-winning website: <https://www.theretirementmanifesto.com/resources/>. This includes an intriguing three-tier bucket system of risk tolerance which the book explores in more detail:

"Build up cash reserves equal to 2 to 3 years of your spending prior to reaching retirement. This is the pool of cash you'll use to establish your retirement paycheck."

"Consider setting up a bucket system whereby you allocate investments to one of three buckets based on how long it will be before you need to tap into the money."

"The length of your cash cushion should be based on your risk tolerance. We chose 3 years as a conservative approach, which would allow stocks three years after a bear market to rebound before we'd have to sell any stocks. Some would argue we're giving up potential investment returns by subjecting \$150k to the meager returns of cash, but the avoidance of sequence of returns risk is worth it to us. You'll have to decide what risk tolerance level you're comfortable with and build your cash bucket accordingly."

Finally, one of my personal favorite features of *Keys to a Successful Retirement* is the series of "quick tips" sprinkled throughout the publication:

- "Invest as much time as possible into planning for your retirement."
- "Focus on the type of life you want to live in retirement and let that drive your list of required ingredients."
- "Spend time thinking about the non-financial ingredients of your retirement. In time, you'll find they're more valuable than money."
- "Track your actual pre-retirement spending for a year, and then make adjustments based on your retirement lifestyle goals to get a firm estimate of your retirement spending requirements."
- "Plan to do any major spending required to create your ideal retirement while you're still working."
- "Your life in retirement will change over time. Realize that the initial euphoria will fade... enjoy the transition to a longer-term approach to retirement that works for you."
- "Seek to develop interests for all the spokes in your life. A wheel rolls best when the spokes are the same length."

This is another "all thumbs-up" recommendation for all retired and soon-to-retire teachers, especially those who are approaching "the big day" over the next 1-3 years.

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What's happening in the lives of music teacher retirees?

Trolling the Internet, searching social media platforms, and "hearing through the grapevine..."



Do you think Marc and Sandra Touree have their hands full? The kids are adorable!



Happy Mother's Day! Scott Litzenberg with Mom! What do you think of his new avatar?



Say hello to Alice Frye Welker and daughter Meg Welker



"We stand on the shoulders of giants!"
Can you name these past (and a few present) PMEA state officers posing for this photo at PMEA Spring 2018 in Lancaster, PA?

Natalie Ozeas, Richard Merrell, David Cree,
Chuck Neidhardt, Rich Victor, Nora Burridge,
Martha Miller, Scott Sheehan, Francis Nesta,
Dennis Emert, Sue Basalik, Margaret Bauer,
Henry Pearlberg, and Tina Bennett

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Page 9 of 10

Passages...

Ben Holste February 16, 1947 – May 11, 2020

Thank you for enriching our lives! We will miss you, Ben!

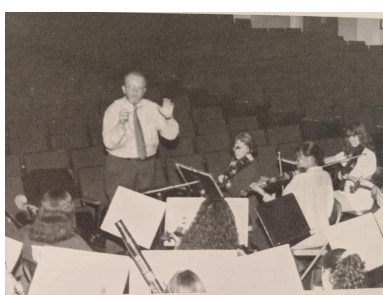
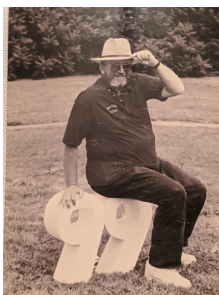
50-year member of PMEA and so much more!

Going back in time, let's cherish the moments we have shared...

- PMEA Retired Member Coordinator 2004-2014
- PMEA Teacher Training, Recruitment, and Retention Council representative ~2013
- PMEA State President 2002-2004
- PMEA State Vice President 2000-2002
- PMEA State Vice President Elect 1999-2000
- Educational sales representative, Progressive Music ~2001-2015
- Brass sectional coach for local concert and marching band programs
- Smartmusic clinician
- Retirement from the Penn Hills School District June 1999
- PMEA All-State Coordinator 1994-2000
- PMEA District 1 President 1991-1993
- Musical Pit Orchestra Director (19 shows) 1981-1999
- Teacher at Seneca JHS in the Penn Hills SD (band, orchestra, general music) and Penn Hills SHS (band, orchestra, chorus, music theory, music appreciation) 1969-1999
- Freelance trombonist in the Pittsburgh area
- Bachelor of Science degree (1969) and Master of Music degree (1974) from the Mary Pappert School of Music, Duquesne University, studying with trombonist Matty Shiner for 41 years



This week, a very treasured teacher, mentor, and friend passed away. I've thought a lot about Mr. Holste over the years, and this week is no exception. I admired the way he was always there for his students no matter what. He respected us and our input but knew how to call us out to keep us in step without judgement. He taught the importance of always being prepared with a plan B (or C, D, E., etc.) about not spending time worrying about things outside your control, and the importance of self-awareness because a person's perception is their reality. Most important of all, he made sure you always felt heard and encouraged, and you knew you could always count on him to listen or for guidance... always looking to help you find ways to recognize your potential... He was a kind and gentle soul whose legacy and spirit lives on with all the students who had the privilege of knowing him and being taught by him. He will be greatly missed. Rest in peace, Mr. Holste. Keep on playing that trombone. — Christina Gordon, Penn Hills graduate



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Page 10 of 10

What to do today... besides sitting at home eating chocolate bonbons?

by Kathleen Coxwell at <https://www.newretirement.com/retirement/what-to-do-in-retirement/>

To all of you who will soon-to-retire or have already started that blessed journey to "living the dream," these are from a list of 120 "Big Ideas" with links of things-to-do:



"Here are 25 relaxing, exciting, rewarding, simple, and challenging ways you could find a perfect retirement life balance. And — if you are overwhelmed by your choices, skip to the bottom of this article for tips to help you figure out what to do after retirement."

1. Do what makes YOU happy
2. See the world or your corner of it
3. Become an entrepreneur
4. Head to summer camp
5. Relocate seasonally
6. Grow a garden
7. Write a book
8. Remember that you are actually only as old as you feel
9. Become a tutor or create an online course
10. Volunteer for a worthy cause
11. Remodel your house
12. Downsize your home
13. Become a consultant
14. Maintain your retirement plan
15. Stay vital
16. Learn to play a (new) instrument
17. Get in the best shape of your life
18. Grow your friend base
19. Attend your 35th, 40th, or ANY high school reunion
20. Become an expert at anything
21. Think about the future
22. Become your own financial guru
23. Keep up with technology
24. Spend time with your grandkids
25. Find a hobby

It is time to renew your membership (2020-2021)

Now more than ever, your professional association *needs you...* and face it, you need PMEA, too, and are willing to "give back!" Go to the PMEA website here <https://www.pmea.net/membership-information/> and:

- Download the PDF file of the membership application and mail it in with your check, OR
- Click on "Join/Renew Now" on the top menu bar for online renewal.

The retiree fee is \$68 for PMEA + NafME or \$31 for PMEA-only.

It is also important *not* to accidentally "opt out" receiving email notifications... or this may be your last eNEWS!



We Want You to Renew!

We are still waiting to hear from YOU!

Please email news, updates, and your own articles or tips on retirement for eNEWS, as well as photos of hobbies, encore careers, trips, music happenings, family/pet moments, or anniversaries to paulkfox.usc@gmail.com.

Happy Trails, Retired Members! PKF

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