



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!

Searching for even a semblance of "humor"

Links to take our mind off COVID-19

Amid all of the proposals and mitigations for re-opening schools is this August 3rd video of a "ridiculous" parody recorded by a principal of a school that's definitely opening:

https://digg.com/2020/principal-reopening-school-parody.

As the author of this blog says, "retrain your face how to smile" with a collection of coronavirus jokes. Here are a few samples from https://www.fatherly.com/play/best-coronavirus-jokes/:

- Why did the chicken cross the road? Because the chicken behind it didn't know how to socially distance properly.
Two grandmothers were bragging about their precious darlings. One of them says to the other, "Mine are so good at social distancing, they won't even call me."
Whose idea was it to sing "Happy Birthday" while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.
My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.
I ran out of soap and body wash and all I could find was dish detergent. Then it Dawned on me.

Let's round off this series with "10 Funny Jokes Appropriate for All Ages," perfectly safe for the grandkids: https://www.questionsanswered.net/article/10-funny-jokes-appropriate-for-all-ages:

- Why is England known for being a wet country? The queen has been reigning there for generations.
What did the time traveler do when he was still hungry after finishing his dinner? He got up and went back four seconds.
What do you call a bear that does not have ears? B. What do you call a fish that does not have eyes? Fsh.
What part of the chicken can you make music with? The drumstick. What is the most musical pet? A trumpet.
Why are Saturday and Sunday the strongest days of the week? The rest are weak days.



With the onset of the heat wave, drought, wildfires, hurricanes, spikes in COVID-19, and the reopening of schools happening all at once, we need to call for help... Find that number for those incredibly knowledgeable, perceptive, and adaptable problem solvers, the supportive group from "PMEA Cares" including PMEA staff, officers, members and... retirees! Together, we'll get through this!

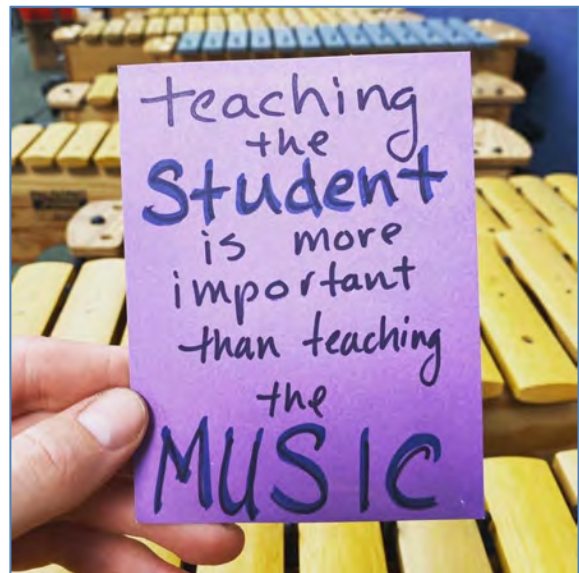
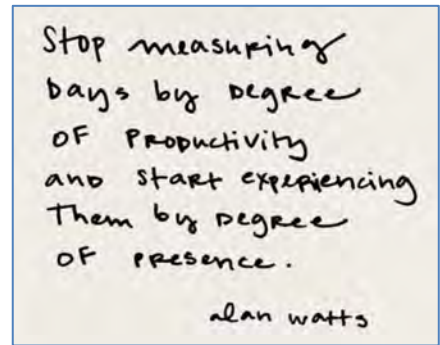
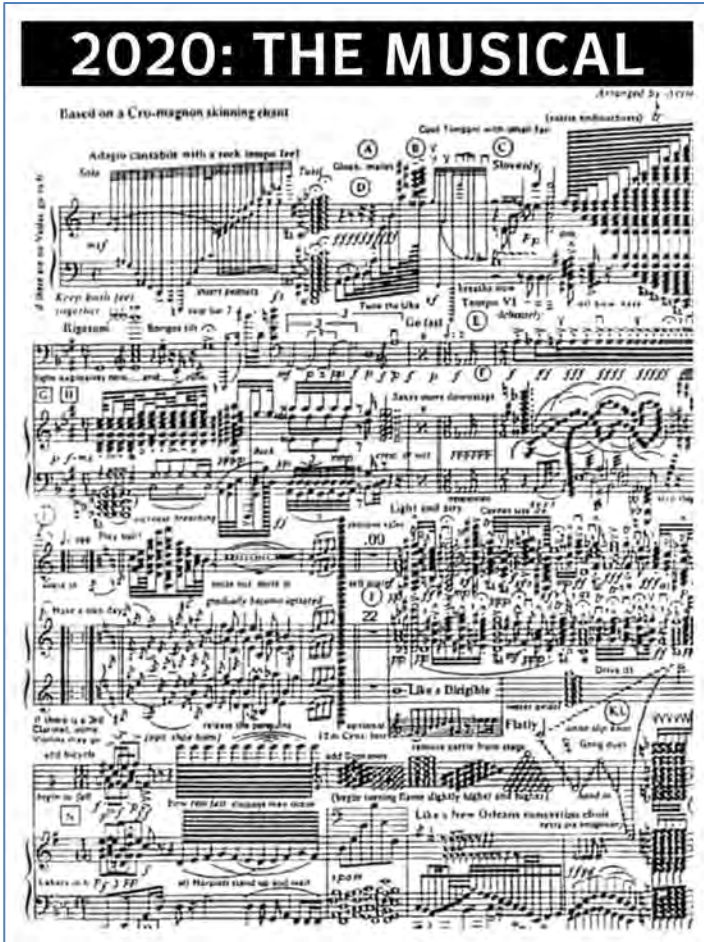
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### Graffiti for our time

Special thanks for the collective "genius" of the likes of Matthew Arau, Allen D. Lucas, Susan Medley, Bob Morrison, Merilee Ott, Scott Sheehan, Stacey Swanson, and a host of other individuals, and Facebook groups like Music Educators Creating Online Learning, Music Ed Advocates - PARENTS/Teachers/Industry, and Upbeat Leaders. More of these are posted at <https://paulfox.blog/>.



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**This month's "Fox Finds" – Duets gone virtual, breakout rooms, & PracticeFirst**

Not all of the tools on the pegboard over your work bench have to come from the 21<sup>st</sup> Century. Actually, some of my most-used ("trusty and rusty") tools are those antiques handed down to me by my father and father-in-law (and their fathers). They become my first "go to" when I need to complete a project!



In spite of COVID-19, if you are still teaching privately or seeking solutions to facilitate the making of music collaboratively over the Internet with the players in your community or youth ensembles, how about planning a few "do-it-yourself" duets? All that is needed is a collection of easy-to-challenging two-part chamber music and *any* device to record one of the parts. Share your sheet music (have the participants purchase their own copies). I found works in the public domain like unarranged old Baroque tunes or folk songs were useful. The community forums of MuseScore were helpful to kickstart finding media. Download the music xml files and re-arrange (transpose) the instrumentation to fit your needs from your Finale, Sibelius, Noteflight, or other notational software.

Nothing fancy here! After everyone practices their music, instruct the players in the vintage method of playing two parts at once. Remember the good old days of cassettes? Record (part 1), rewind, replay, and perform in sync (part 2) simultaneously.

Now, if you want to kick it up a notch, try "dueling duets" using your Skype, Facetime, Zoom, or other virtual meeting accounts, even just the free versions for two people! One person is the "leader" (mic on) and vocalizes the count-off ("1, 2, ready go..."), and the other is the "follower" and leaves his/her mic off. Regardless of latency and the inability to sync visual and audio cues, the follower will be able to benefit from hearing his own part and the music from the leader. Switch parts. Repeat. Switch roles. Repeat.

Little Fugue Duet

Bach

The image shows a musical score for a two-part duet of 'Little Fugue' by J.S. Bach. It is written in G minor, 4/4 time. The score is divided into two parts, labeled I and II. Part I begins with a treble clef and a key signature of two flats. Part II begins with a bass clef. The score includes various musical notations such as notes, rests, and slurs. There are some red handwritten annotations on the score, including a '1' above a note in the second system and a '2' above a note in the third system.

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Now, for more than 2 players, you need a paid subscription to Zoom, You can then try the "breakout rooms." I applied this to my youth orchestra. After scrolling through the massive number of advanced user settings to "turn on" this feature, schedule a virtual meeting with your group. You can have the Zoom app automatically assign the players into multiple rooms of 2-4 participants (one leader and two or more followers).

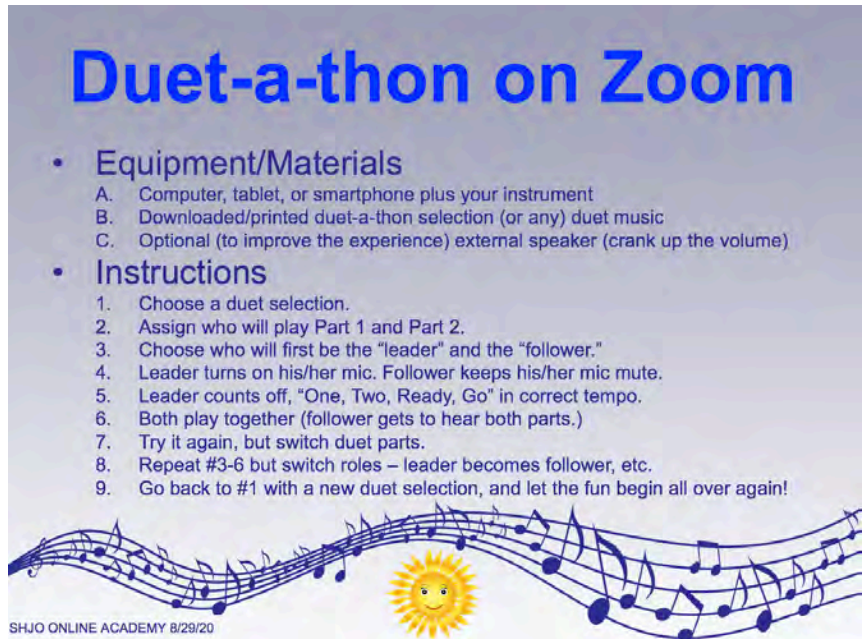
With a little practice on your part, you as the host can travel from room to room, monitor the progress, move people around or change assignments, or manually set-up the personnel in advance. My instructions (above) gave everyone "a piece of the action."

In our last tech column, I promised a review on PracticeFirst, which I have tested for use in our online academy. PracticeFirst seems to work better than SmartMusic for online music assessment. Powered by "state-of-the-art" MatchMySound™ technology, it works on all devices - smartphones, Apple and Android tablets, and computers - and for me, provides a more accurate analysis (listens to the full duration of the tone recorded). PracticeFirst shares easy-to-use tools for creating assignments connected to the MusicFirst Classroom gradebook and offers all users immediate visual feedback on their playing, a digital tuner, metronome, and host of progressive playback/recording options.

However, unless you have access to an institution's purchase of the MusicFirst suite, it is probably not economical to use their numerous (and excellent) apps in your studio. MusicFirst Education Manager Robin Hodson quoted the price of \$199/year for a subscription to MusicFirst Teacher, which includes their comprehensive content of band and string method books, scales, etudes, All-State MEA literature, *Habits of a Successful Musician*, etc. (If you are looking for more orchestral and band ensemble arrangements, SmartMusic actually has a larger library and likely better pricing, too.)

Do you have a "technology tip" to share? Please email: [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com)

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## Duet-a-thon on Zoom

- Equipment/Materials
  - A. Computer, tablet, or smartphone plus your instrument
  - B. Downloaded/printed duet-a-thon selection (or any) duet music
  - C. Optional (to improve the experience) external speaker (crank up the volume)
- Instructions
  1. Choose a duet selection.
  2. Assign who will play Part 1 and Part 2.
  3. Choose who will first be the "leader" and the "follower."
  4. Leader turns on his/her mic. Follower keeps his/her mic mute.
  5. Leader counts off, "One, Two, Ready, Go" in correct tempo.
  6. Both play together (follower gets to hear both parts.)
  7. Try it again, but switch duet parts.
  8. Repeat #3-6 but switch roles – leader becomes follower, etc.
  9. Go back to #1 with a new duet selection, and let the fun begin all over again!

SHJO ONLINE ACADEMY 8/29/20





### The rise of new hobbies and pastimes during the pandemic

<https://www.reviewed.com/lifestyle/features/study-15-most-popular-hobbies-to-start-during-coronavirus-pandemic>

For some people (myself included), finding something to do is not hard. Even in retirement, I have never been much into gaming or wasting my life watching Netflix or lousy TV programming. I am one of those easily distracted viewers whose thumb always seems to twitch on the remote... never satisfied but still hopeful. Click, click, click...

The new normal is weird. Besides walking the dogs 4-5 times a day and the once-a-week fully masked and gloved grocery store excursion, we stay inside more and more. This would be the perfect time to... PRACTICE! You're right! And also, many feel that COVID-19 has caused a surge in trying-out new hobbies, like these "15 Most Popular..." by Amanda Tariton on *Reviewed*.



1. Watching TV shows and movies (as I said, not me!)
2. Reading (books are my friends!)
3. Working out
4. Arts and crafts
5. Board games
6. DIY projects
7. Yoga
8. Baking (and cooking)
9. Gardening
10. Video games
11. Meditation
12. Audiobooks and podcasts
13. Writing (my number 1 preoccupation during most mornings)
14. Learning a language
15. Learning an instrument (another one?)



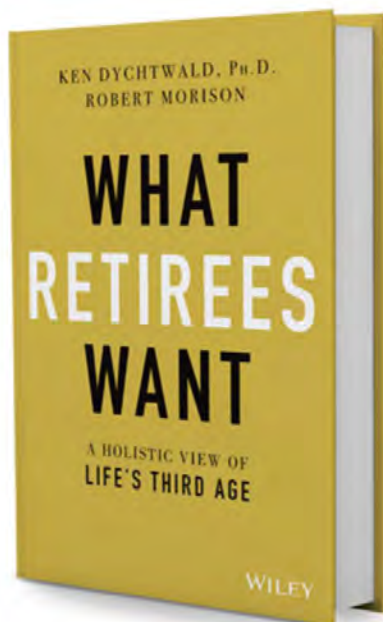
Syracuse University  
<https://news.syr.edu/the-peel/2020/04/28/exploring-new-hobbies-during-a-pandemic/>

Do you need a few more ideas of pursuits to explore? Try these links. Happy spelunking!

- <https://www.tampabay.com/life-culture/2020/08/27/coronavirus-hobbies-what-tampa-bay-residents-made-during-the-pandemic/>
- <https://www.cnn.com/2020/04/05/world/old-hobbies-quarantine-coronavirus-wellness-trnd/index.html>
- <https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>
- <https://www.shutterstock.com/ideas/types-of-hobbies-to-try-during-coronavirus/>
- <https://www.wusa9.com/article/news/health/coronavirus/planting-building-among-top-pandemic-hobbies/65-43f69230-4540-4648-b116-0757b25aff5b>
- <https://www.actsretirement.org/get-started/retirement-resources/what-to-do-in-retirement/>

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**Book-of-the-month: *What Retirees Want***

by Ken Dychtwald and Robert Morison

<https://www.daniellevitin.com/media>

Wordsmiths revel in sharing terms like *transcendent*. This hardback book just released a month ago (2020) as a John Wiley and Sons publication could be described as the "ultimate," or "transcendent," or "preeminent" or, if you prefer architectural elements, both a "capstone" (crowning achievement) and "cornerstone" (prominent) on the subject of "the retired and nearly retired..."

Whatever descriptor you use, it belongs in your library.

This "textbook" on retirement and senior living explores several key questions:

- [What is the business case for reframing aging in marketing to retirees?](#)
- How can businesses serve the needs of "time affluent" baby boomers?
- **What are retiree's key values, dreams, and ambitions, and where does family fit in?**
- What innovations are needed to connect retirees to better health, stronger community, and a renewed sense of purpose?



Dychtwald

Quoted from the inside flap: "In past decades, marketers and entrepreneurs have focused on younger generations, mostly ignoring retirees. Retirement was often viewed as a time of gradual decline in financial contraction. But thanks to increased lifespans and better health care, today's retirees - particularly Baby Boomers - are a distinct and rewarding phase of life, ready to explore new activities, new meanings, and new opportunities. Given that this demographic also controls the largest concentration of personal wealth, businesses are missing out if they continue to ignore this large and growing market."



Morison

These 300 pages offer great depth and breadth in a very thoughtful, logical, and clearly written format, while remaining an "easy read" of research, statistics, and case studies. Authors Dychtwald and Morison even document their work citing *13 pages* of references alone!

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A good thumb-nail sketch of the publication is demonstrated by its table of contents:

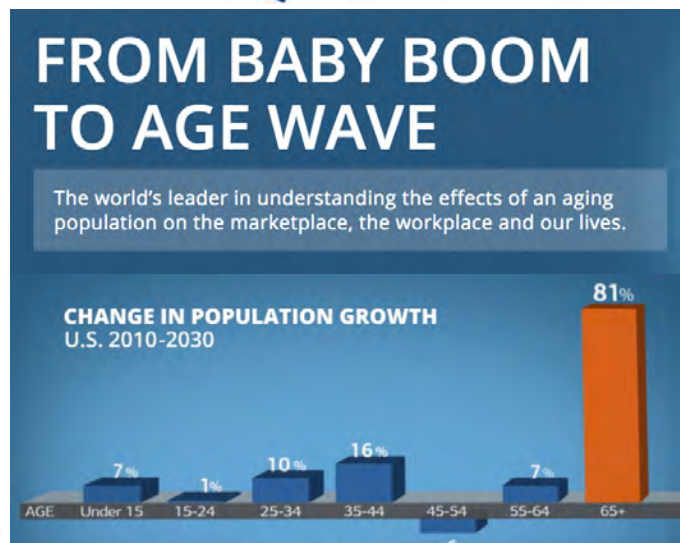
- Chapter 1 The Age Wave Is Rising: How the Boomers Are Transforming Retirement
- Chapter 2 Ageism Sucks: It's Bad for People in Bed for Business
- Chapter 3 Reframing Aging: There's a New Story to Tell
- Chapter 4 Putting Wisdom To Work: The New Role, Timing, and Purpose of Post-Retirement Employment
- Chapter 5 The Time Affluence Explosion, 50 Trillion Hours of Leisure to Fill
- Chapter 6 Searching For The Fountain of Health: Can We Match Health Span to Lifespan?
- Chapter 7 Retirement Is a Solo Project: The Entangled Endearments of Family Relationships
- Chapter 8 Home and Community: Stay, Go, Remodel, or Find Roommates?
- Chapter 9 Funding Longevity: Retirement Is the Biggest Purchase of a Lifetime That Many Can't Afford
- Chapter 10 The Giving Revolution: Living with Purpose and Leaving a Legacy
- Chapter 11 Retiring Retirement: The Rise of Life's Third Age

I was most inspired by the chapter on "the giving revolution," developing a sense of purpose and thriving during retirement, as observed by Paul Irving, Chair of the Milken Institute Center for the Future of Aging: "I think of purpose as this intersection between the skills, motivations, talents, and passions that one has and some void in the universe that those qualities can fill." And, according to Dr. Charlotte Yeh, Chief Medical Officer for AARP Services, Inc., there are three things that go into the concept of "resiliency," part of "the secret sauce of the thrivers."

1. Positive view of aging
2. Social connections
3. Sense of purpose

As emphasized in "The Longevity Bonus: The Upside of Aging," surveys by Gallup and the Charities Aid Foundation find that the United States is one of the most generous nations in the world, based on rates of giving, volunteering, and helping others. "The influx of boomer retirees holds the potential to take giving in volunteering to new heights. The boomers have always been a cause-oriented, change-the-world generation."

Visit <https://agewave.com/> →



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Here are a few more snippets from *What Retirees Want*.

In "Reframing Aging," there is a discussion about changing terminology, from the end of "seniors" to the rise of "modern elders." — Page 43

In "Putting Wisdom to Work," there are numerous illuminating graphs on retirees reentering the workforce (mostly from Agewave and Merle Lynch), covering the areas of why and how retired people work. — Page 61

In "The Time Affluence Explosion," while pre-retirees tend to view free time as "precious and scarce," eight out of ten retirees say, "They now have the amount of free time they desire - and they like it." — Page 85

You should review the interesting section in "Home and Community," about areas where retirees want to live. An analysis about the value of a dollar in each state is coupled with future living preferences, rental market growth, best cities for successful aging, international destinations, and surprising statistics about the number of retirees upsizing (30%) their residences. "Seniors will continue to crave more connection to walkable, inter-generational living. Communities that are islands of old age will be a thing of the past." — Page 171

Probably the scariest chapter, "Funding Longevity" (page 199), brings out those very sad numbers of Americans under-funding their retirements. "Using the rule of thumb that retirees need 75% of their pre-retirement annual income, the center for retirement research at Boston College estimates that half of all working households are the risk of being unable to maintain their standard of living in retirement based on their current savings and retirement income sources... Another rule of thumb says that total retirement savings should be at least eight times pre-retirement income. For the average household that's almost a half-million. That \$135,000 average falls far short." The funding formulas are changing with retirees not being able to rely on the "three-legged stool" of personal savings and retirement accounts, guaranteed employer pensions, and Social Security. Course corrections? These remedies are proposed:

- Working more or longer
- Spending less
- Selling unnecessary possessions and other strategies of decluttering
- Using annuities or reverse mortgages
- Finding ways to remediate costs (healthcare, living expenses, etc.)



BOOK REPORT:  
Rated "all thumbs up!"

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Also check out the *Forbes* article by the same authors, *COVID-19 - Don't Mess with My Retirement*  
<https://www.forbes.com/sites/kendychtwald/2020/07/07/covid-19-dont-mess-with-my-retirement/#53ce7bbe74ec>





**Moments and memories of retirees who made a difference!**

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



Pat Bauer's dog "Buster" on National Dog Day!



Happy retirement, Laura! Best wishes to Mark and Laura Welkey: the perfect couple!



Sally Shollenberger and "her boys" on the first day of her retirement!



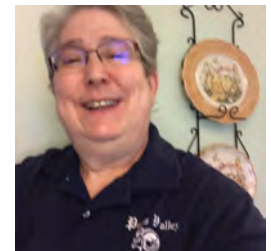
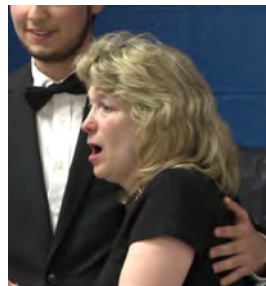
Mark Mecham at a June reunion of his Lebanon Valley College Choir



Stumbled on these retirement tributes:

← Camp Hill HS Band Director (1987-2014) Dean Zirkle <https://youtu.be/FQsZAX8TQe8>

Speaking of surprises, how about this → YouTube video of Denise Searfoss when her alumni came to play at her final 2017 concert? <https://youtu.be/dO2ldbK8hHg>



Hi to Evelyn Mugridge from Aaronsburg, PA

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**The latest and greatest from our two “Daves” – the “retirement gurus”**

**“New Urbanism: A Charming, Walkable, In-Town Option for Retirement Living” by Dave Hughes**  
<http://retirefabulously.com/2020/08/31/new-urbanism-a-charming-walkable-in-town-option-for-retirement-living/>

*“New Urbanism” is a planning and development approach based on the principles of how cities and towns had been built for the last several centuries: walkable streets, housing and shopping in close proximity, and accessible parks and public spaces. Pedestrian and bike traffic are prioritized, and most day-to-day needs should be accessible within a short walk. Public transit should be easily available to travel beyond that. In other words, it’s an attempt to develop multi-use communities that have a small-town feel as a sort of cocoon within a larger metro area.*

**“What Does Retirement Look Like?” by Dave Bernard**

<http://lovebeingretired.com/2020/07/15/what-does-retirement-look-like/>

*After a year living the retirement dream, something was missing. As a rather organized person (a.k.a. obsessive), I found myself reviewing my accomplishments at day’s end. If I did not complete at least a few worthwhile endeavors I felt I had wasted the day. When my wife asked, “what did you do today?” I found myself struggling to offer anything of substance. How exactly do you define “worthwhile”? And worthwhile from whose perspective?*

**One more reminder: “It’s PMEA membership renewal time!”**

Did you forget to send in your annual fee? **This may be the last eNEWS you will receive!**

As your Retired Member Coordinator, I am a little dismayed at the downward slide of our numbers! In 2016 when I first made the report *State of the Retired Members*, we had over 400 members. Now? So far, **only 162 have re-upped for 2020-2021.**

*Now* is the time to support *the* professional association which has taken care of us for so many years! Worst yet, many of you delinquent retirees could be doomed to “fall between the cracks” and be cut off from PMEA. Come on! Membership is a mere \$68 (or \$31 for PMEA-only). Please visit the PMEA website and **renew today:**  
<https://www.pmea.net/membership-information/>.

**Keep in touch!**

Happy Trails, Retired Members! PKF

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**Schools must remember that teaching this:**



**Is JUST as important as teaching this:**

$$\int_{-\infty}^{\infty} e^{-x^2} dx = \sqrt{\pi}$$
$$f(x) = a_0 + \sum_{n=1}^{\infty} \left( a_n \cos \frac{n\pi x}{L} + b_n \sin \frac{n\pi x}{L} \right)$$
$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

