



PMEA Retired Member Network eNEWS: June 3, 2021

by Paul K. Fox, PMEA Retired Members Coordinator

Pennsylvania Music Educators Association Retired Members

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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!

"Summer funny... some are not!" More safe jokes you can tell the children!

Thanks to compiler Amber Guetebier at *Red Tricycle*: <https://redtri.com/summer-jokes-for-kids/>

Why did the teacher jump into the pool?
He wanted to test the water!

Why are mountains the funniest place to vacation?
They are hill-arious.

Why don't oysters like to share their pearls?
Because they are shellfish.

What should a toddler wear to go swimming?
Pool-ups.

What did the kid say when the instructor told him he'd missed summer school?
"No, sir. I didn't miss it at all."

Why did the detectives show up at the concert at the beach?
Something fishy was going on.



What's the best kind of sandwich for the beach?
Peanut butter and jellyfish.

What do frogs eat in the summer?
Hopsicles!

What is the difference between a piano and a fish?
You can tune a piano, but you can't tuna fish.

What does a mermaid use to call her friends?
A shell phone, of course.

What do you call seagulls that live near the bay?
Bagels.

And where do sharks go on vacation?
Finland!

Why did the robot go on vacation?
He needed to recharge his batteries.

Where do math teachers like to go on vacation?
Times Square.

It's membership renewal time!

We hope YOU see the value of remaining loyal to and continuing participation in your professional association - to stay as active as you want. Post-pandemic, we **NEED** everyone to remain *engaged*!

If by chance you should meet another retired music teacher who is no longer a part of "TEAM PMEA," please refer him/her to the Retired Member focus area on the PMEA website:

<https://www.pmea.net/retired-members/> or share this post:

<https://paulfox.blog/2016/12/15/pmea-in-retirement-whats-in-it-for-me/>.

We Want You

To Renew Your PMEA Membership



Now more than ever,
your dues are needed!
Keep connected with your
colleagues and continue
to actively support the
music education profession!



<http://www.pmea.net/>
 The Pennsylvania Music Educators Association is the leading voice and advocate for music education in the Commonwealth of Pennsylvania.

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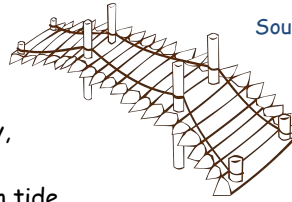
Pennsylvania Music Educators Association Retired Members

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The Bridge Builder

by Will Allen Dromgoole

An old man, going a lone highway,
Came at the evening, cold and gray,
To chasm, vast and deep and wide,
Through which was flowing a sullen tide.
The old man crossed in the twilight dim;
The sullen stream had no fears for him;
But he turned when safe on the other side
And built a bridge to span the tide.
"Old man," said a fellow pilgrim near,
"You are wasting strength with building here;
Your journey will end with the ending day;



Source: *Father: An Anthology of Verse* (EP Dutton & Company, 1931)

You never again must pass this way;
You have crossed the chasm, deep and wide --
Why build you the bridge at the eventide?"
The builder lifted his old gray head:
"Good friend, in the path I have come," he said,
"There followeth after me today
A youth whose feet must pass this way.
This chasm that has been naught to me
To that fair-haired youth may a pit-fall be,
He, too, must cross in the twilight dim;
Good friend, I am building the bridge for him."

How can you help PMEA? The "short list" of Retired Members' things-to-do

Ask how you can become more involved in PMEA by emailing the Retired Member Coordinator: paulkfox.usc@gmail.com

1. Write an article for *PMEA News* or *Retired Member Network eNEWS*
2. Input data to build an article index for *Retired Member Network eNEWS*
3. Update the amateur/community band/orchestra, chorus, or theater lists
4. Serve as conference session moderator, presiding chair, or presenter
5. Volunteer to work on a PMEA Council or the Strategic Planning Committee
6. Mentor new teachers or serve on the Retiree Resource Registry (R³ below)
7. Contribute to the Retired Member Coordinator's "Retirement 101" session

Cartoon-of-the-month

Join the Retiree Resource Registry (R³) - document your career achievements while offering advice/service to PMEA members by artist Eileen Guo, Class of 2021, Upper St. Clair High School



<https://pmea.wufoo.com/forms/pmea-retiree-resource-survey/>

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Wednesday July 21 through
Friday July 23, 2021

Sneak preview to slides planned for the "Retirement 101" Summer Session C's the Day! – Retired colleagues continue to collaborate, contribute to PMEA, and stay connected

Summer is great time to "catch-up" with other Retired Members! How? By attending the PMEA Virtual Summer Conference, going to the "live" Retirement 101 workshop, and swapping "stories," "successes," and a few "secrets to "senior living!" Sharing your experiences are helpful to PMEA conferees - both to current retired members and those considering and preparing for retirement over the next several years.

Archiving your "first career"

1. Define your legacy "for posterity."
2. Reflect on and frame your career in music education.
3. For what do you want to be remembered? What was most important to you?
4. Now, what's next in your future... new definitions, new directions?

REMEMBER

When <https://paulkfox.usc.wordpress.com/2018/01/28/retirement-is-a-private-matter/>
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Happy pathways...

- **Continuers** stay connected with past skills and activities, but modify them to fit retirement, such as through volunteering or part-time work in their former field.
- **Adventurers** start new activities or learn new skills not related to their past work, such as learning to play the piano (?) or taking on an entirely new job.
- **Searchers** learn by trial and error as they look for a niche; they have yet to find their identity in retirement.
- **Easy gliders** enjoy unscheduled time and like their daily schedule "to go with the flow."
- **Involved spectators** maintain an interest in their previous field of work but assume different roles, such as a lobbyist who becomes a news junkie.
- **Retreaters** become depressed, retreat from life, and give up on finding a new path – the only negative direction in these classifications.

Who Dr. Nancy K. Schlossberg, counseling psychologist
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"We're all in this together..." whether it is developing an "encore career," seeking new avenues of self-expression, enjoying more time for our hobbies,

Research best places to retire

1. Population, economy, attractions, and general info (visit sites of the local Chamber of Commerce, Economic Development Agency, and visitor bureaus)
2. Climate (review interactive climate data tools from the National Climatic Data Center)
3. Cost of Living (see "cost of living comparison calculator" of the Council for Community and Economic Research)
4. Crime Rates (read the FBI's annual "Crime in the United States: Uniform Crime Reports")
5. Health Care (check out the U.S. News & World Report "Guide to the Best Hospitals" data base)

Where <https://www.thebalance.com/where-should-i-retire-2894254>
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sports, travel, or family, or exploring new pursuits of "self-reinvention," retirement is a "journey" not a "destination..." a glorious "transition" we can learn from each other.

Volunteers needed!

- Escort at local hospital or nursing home
- Walk dogs at animal shelter
- Serve in charitable fund-raising projects
- Assist food banks and meals-on-wheels agencies
- Enlist as special advocate for abused or neglected children
- Work as hospice volunteer
- Maintain parks, trails, nature habitats, or recreation centers
- Host an international student
- Become a youth director, mentor, or scout leader
- Teach summer school, night classes or Performing Arts workshops
- Give guided tours or lectures as a docent at a local museum
- Apply office management and clerical skills to benefit libraries and other nonprofit associations
- Run a school club (share your hobby)

How <http://www.volunteermatch.org/search/?m=pennsylvania>
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If you are free, please join us at the Retirement 101 session as a guest co-presenter. The retired member fee for the summer conference is \$10.

"Money" and "age" stats

- One out of four 65-year-olds today will live past age 90, while one in ten will live past age 95.
- 60% of older Americans fear outliving their savings.
- Nearly 50% of retired households spend more money, not less, in retirement.
- More than 1/3 of Americans expect to work in retirement. The average retired healthy couple will spend \$337,000 on healthcare.
- Seniors are the fastest-growing group of bankruptcy filers in the country!
- Almost 60% of retirees don't budget for leisure activities when planning for retirement.

When Tom Mathews at AgeWave: <http://www.agewave.com/2017-webinar-registrars.html>
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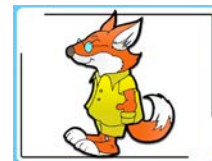




Pet peeves paraded & parodied

What would you do if you were instantly given a "bully pulpit" to blame, criticize, grumble, lament, moan, object, oppose, or protest day-to-day "irritations" - a frustration fest, gripe gazette, or complaint column? Perhaps a few of these would come to mind? Are your Bronx cheers ready?

1. Tech support that doesn't
2. Customer service that isn't
3. Scam texts, robocalls, or spam mail
4. Unreadable small print in poor contrast on products (e.g., ingredients in yellow ink on a light red background), and even those essential medical instructions written in font pica 3 on your prescription containers
5. Road rage, rude riders, discourteous drivers, crazy, cyclists



Regarding that last problem, as dog walkers, we daily face the dangers of cars in our neighborhood going 10-25 mph over the speed limit (25), lawn service, deliveries, and other contractors' vehicles blocking safe passage on residential streets, and even that many people do not know the "rules of the road" and common courtesies like you should walk facing the traffic. We take our life in our own hands when we venture out!

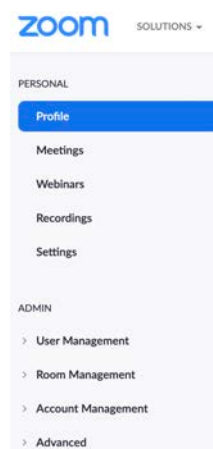
Another thing that drives my wife and I nuts is inconsistently designed software, updates that change how everything looks, or interfaces that seem to be illogical for a "technology immigrant" - for example, having to know ahead-of-time you need to hover over a graphic for access to a menu, or other irregularities inspired by idiotic techies.

Zoom video conferencing, which we both have had to use extensively, does not always seem to look the same depending on whether you start it from their iOS or OS app or directly from www.zoom.us in a browser. And have you ever looked at the large number of scaffolding menus cascading under your profile at <https://zoom.us/profile/setting?>

Eventually we found some better sound settings under advanced audio, but it irks us that we must watch hours of YouTube instructional videos or take a graduate class in running their software to know the sequence of keys to get the right defaults. What is that quote from Confucius? "Life is really simple, but we insist on making it complicated."

What "bugs" you? Here's your chance to VENT your own frustrations! Send the retired member coordinator an anecdote, frequent annoyance, or the root cause of your impatience. (Hopefully this will rally a healthy response of beefs, bellyaching, and b**ching from our retirees!)

We need feedback from YOU... to help fill these pages and to keep eNEWS going!



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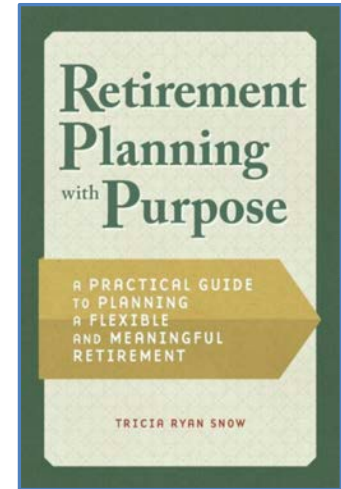


Book-of-the-month: *Retiring with Purpose*

by Tricia Ryan Snow <https://borntobeboomers.com/category/retirement/>

Intentional reflection and preparation are the keys to success during the passage of "living your dreams" in retirement. For PMEA retired and soon-to-retire members, we found another "how-to manual" that will help you get started!

Preparing for retirement is so much more than just organizing your finances. With this unique workbook, you'll get in touch with your values and priorities so you can truly enjoy the freedom of retirement. Delve into your finances, interests, and personal goals, and discover how they may change over the years. With the practical tools inside, you'll be able to design a flexible, balanced post-work life. — Quote from the back cover



Have you ever seen a copy of the famous, black-covered programmed learning textbook *Scales, Intervals, Keys, Triads, Rhythm, and Meter* by John Cough, Joyce Conley, and Claire Boge? I am not a fan of write-in workbooks, especially when you find yourself pulling it off your shelf and viewing the previous reader's answers in ink all over it. However, Snow's "practical guide to planning a flexible and meaningful retirement" may be a good exception. Write away! But... use a pencil!

"The questions this book will ask about your finances, interest, and personal goals will drive you to seriously analyze your current realities. Numerous exercises will help you visualize not only your current priorities but also the ways your intentions might grow and change during retirement. The overall goal of this book is to give you the tools to create a retirement that maximizes fulfillment or balancing leisure and purpose. Write your answers directly into the book if you'd like, but be sure to keep a journal nearby to jot down ideas as you go through the exercises and let them guide your visualization toward a solid plan." — from "How to Use Her Book"



Owner of the popular blog, [BorntobeBoomers.com](https://borntobeboomers.com), author Tricia Snow has travelled an interesting pathway to her "retired" stage in her life. "Retirement did not mean just stopping working but finding purpose, passion, and fulfillment for her new life away from banking. Once she retired, she decided to pursue her dreams of writing and travel while focusing on her family over her career. Her passion for living a healthy lifestyle, seeing the world, and sharing her experiences has helped her understand the importance of retiring with purpose and crafting a lifestyle that brought fulfillment from pursuing her passions. Tricia uses her banking and real estate investment background to help others find the resources they need to live their best retirement life."

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Chapter 1: Money Matters

Chapter 2: Finding What Fulfills You

Chapter 3: Dreaming Big

Part II: Living Your Values

Chapter 4: Living Flexibly

Chapter 5: Living Free

Part III: Living Your Best Life

Chapter 6: Your Fullest Self

Chapter 7: The Bigger Picture



<https://borntobeboomers.com/category/retirement/>

website



book

Excerpts from the book

Page 21: "Evaluate Your Pension" -

Interesting questions to help you evaluate the decision of taking a lump sum or an annuity payment.

Page 34: The five stages of retirement, versions of which have been explored in past *PMEA News* articles and other resources.

Her five stages:

1. Pre-retirement planning
2. Anticipation and excitement
3. The honeymoon
4. Disenchantment
5. Stabilization

We all need to revisit her tips on coping with stage four and stage five.

Page 62: Exercise #1 "Rank Your Aspirations" - She guides us through this assessment to go from "dream to reality."

Page 71: Exercise #4, "Five Adventures You Never You Thought You'd Be Brave Enough to Take" - I challenge our retired members to explore a few of these! Scared?

Page 81: "Protecting Against Worst-Case Scenarios" - A definite must-read section on her "top 10 list" of recommendations for disaster-proofing your retirement savings.

Page 92 on: Interesting discussion on "daily rituals" that you might consider adding to your retirement routine and even a questionnaire to help you evaluate what type of learner you are in order to plan your ongoing "retirement enrichment" curriculum.





Retiree travel tips for the coming months

Planning a post-pandemic getaway? Here are some tips found "trolling the Internet."
"Top-ten list" summary of hints (with some divergence in opinion, so agree or disagree):

1. Get both doses of the COVID vaccination.
2. Prioritize your trips (where to go first before you exhaust all your money).
3. Research the local requirements for each destination (i.e. coronavirus testing).
4. Get all appropriate documents (aka "travel passport") in order.
5. Set up a dedicated account to manage your vacation/travel finances.
6. Don't delay, plan ahead, and take advantage of special deals.
7. Avoid large non-refundable deposits since things may still be in a state of flux.
8. Purchase travel insurance.
9. Find "dreamy" lodging and research the local cuisine - two crucial trip elements.
10. Look closer to home, enjoy the States, and/or take the grandkids with you.

<https://www.google.com/amp/s/amp.theatlantic.com/amp/article/618554/>

<https://www.qtrip.com/blog/10-quick-tips-for-your-first-post-pandemic-trip/>

<https://pawalthmanagement.com/budget-for-post-pandemic-retirement-travel/>

<https://money.com/retirement-travel-coronavirus/>

<https://www.kimptonhotels.com/blog/tips-and-timing-for-planning-your-post-pandemic-bucket-list-trip/>

Heard through the "vintage" grapevine...

Did you forget to send the Retired Member Coordinator a picture of your latest "happening" or "happenstance?"

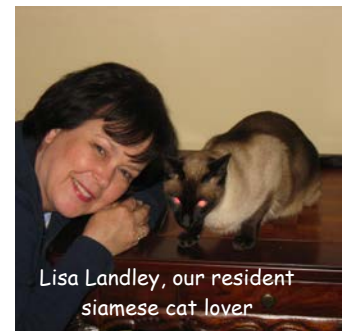


Looking good,
Barb Hepner!

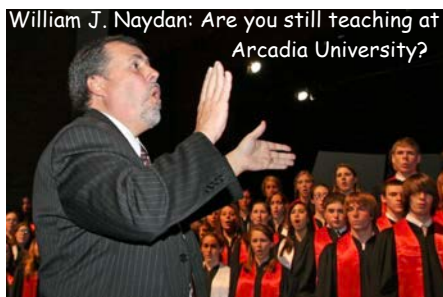
Francine Corsi, retired 38+ years
from the Burrell School District



Where did you visit,
Ronald Haas?



Lisa Landley, our resident
siamese cat lover

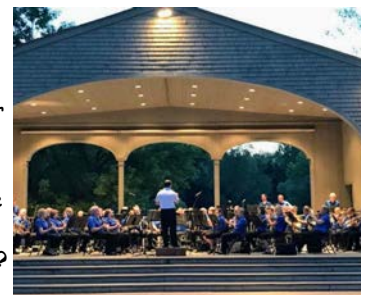


William J. Naydan: Are you still teaching at
Arcadia University?



Dan and Claire
Pettigrew.

Can you spot her
in the flute
section of this
old photo of the
West Chester
Community Band?



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Retirees recognized during the PMEA 2021 awards ceremony!

Hip-hip hooray! Put your hands together and salute these amazingly gifted honorees!



Watch the May 27th awards presentation video at
<https://youtu.be/0bOfDvxtUIQ>

Coda... Keep in touch!

We need more eNEWS from you... or we may take a "vacation" from this e-publication for a month or two!

Stay safe, healthy, and engaged! Happy Trails, retirees! PKF

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