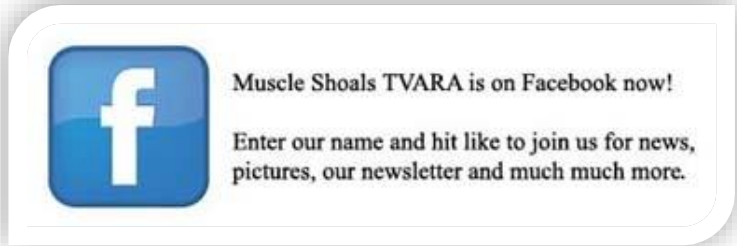




Muscle Shoals Chapter
Winter 2021 Issue



Message from our President

Greeting friends! Hope this newsletter finds you in good health and staying warm from the cold weather we've been experiencing.

For over a year we were unable to have our regular in-person Chapter meetings due to the Covid-19 virus, but that changed in December. We were finally able to meet again and enjoy some good fellowship. About 25 members attended the meeting and it was good to see everyone again.

Our next Chapter meeting will be on Wednesday, March 9, at 10:00 a.m. We will meet at the TVACC location on Wilson Dam Road. For those who are able, please use the Tri-Cities Church of Christ's parking lot in order to leave parking spaces available at the credit union for their customers.

Our program will include a presentation by John Blackwell on the "Myths and Legends of Wilson Dam". Lunch will be provided at the conclusion of the meeting and we will have cash door prizes for some lucky attendees.

Currently, our Chapter has two community projects in the works. We are working on our annual Garden Seed Program and have received a BVI grant for \$10,000 to assist in this effort. Also, we are working with Sleep in Heavenly Peace to support them in their endeavor to build beds for children who are otherwise sleeping on the floor.

Stay warm and safe. Hope you see you on March 9.

Tim Cornelius

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Upcoming Events

Wednesday, March 9, 2022, 10:00 a.m.
 Myths and Legends of Wilson Dam By John Blackwell
 Free Lunch and Door Prizes
 Wilson Dam Road TVA Community Credit Union

Tuesday, TBD, 9:30 a.m.
 Annual Picnic and Health Fair
 Program: Health, Fitness, & More
 Great Door Prizes (thousands of dollars)
 Florence/Lauderdale Coliseum

Wednesday, September 14, 2022, 10:00 a.m.
 Program to be announced.
 Free Lunch and Door Prizes
 Wilson Dam Road TVA Community Credit Union

Wednesday, December 7, 2022, 10:00 a.m.
 Program to be announced.
 Free Lunch and Door Prizes
 Wilson Dam Road TVA Community Credit Union

Our Advertisers

Our advertisers are contributing to our Muscle Shoals Chapter TVARA Endowment by advertising in our newsletter and at the Annual Picnic. When considering any of the services offered, please think first of our advertisers!

Due to the cancellation of our Annual Picnic and Health Fair; advertisers have not renewed with us for this year. Therefore; no advertisements will appear in this issue of our newsletter. Advertisers will be given an opportunity to renew for the rest of the year by the time of our next meeting. In the meantime; please thank our advertisers for supporting our scholarships and patronize our local merchants.

TVA Community Credit Union First Community Medicare Supplement

North Alabama Medical Center Helen Keller Hospital

Merrill Lynch Blue Cross Blue Shield TN

Edward Jones Viva

Blue Cross Blue Shield AL Delta Dental

Brentwood Retirement Comm. Cottage Senior Living

Home Instead Listerhill Credit Union

The Foot Bar Alabama Health Guidance

Big Brothers/Big Sisters Eldercare

CASA Civitan International

Tennessee Valley Arts Assoc. UNA Continuing Ed

United Cerebral Palsy

Special Thanks to non-advertising Supporters

TVA Power Service Shops

Meet your Muscle Shoals TVARA Board Members

President, Tim Cornelius

Vice President, Debbie Norton

Treasurer, Joan Marsh

Secretary, Carol Sherer

TVARA Picnic Manager, Henry Long

Hospitality, MJ Ligon

Scholarship Program, John Ingwersen

Newsletter: John Ingwersen, Janice Berry

Board Members: John Blackwell, Cameron Kay, Jim Green, Bill Baggett

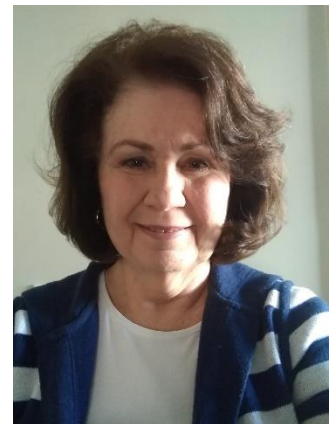
Problems with benefits, pharmacy? Contact TVA Service Center 888-275-8094.

Comments/Recommendations/Articles for Newsletter? Send to jl Ingwersen@gmail.com.

A GiNormous Big WELCOME for our new VP! Debbie Norton

As everyone should be aware by now, we have been searching for a new VP for several years. As the search continued, our President, Tim Cornelius, selflessly and effectively continued to serve as our President. We can now announce that our search has concluded as Debbie Norton has accepted the position of Vice President of our Chapter.

Debbie is a long-time member of our Chapter who has previously served as Vice President/President from 2006 – 2008. She began work with TVA in 1971 in the clerical area as she worked to complete her BS in Business from UNA graduating in 1975. She later received her MBA from UNA in 1983 and worked in Human Resources with TVA for more than 25 years before retiring in February of 2004.



Not satisfied with only a full time job Debbie has also managed her own investment properties for more than 35 years and filled her spare time after retirement with a part time job with Belk Home Department from 2013 – 2018.

She has one son and three grandchildren.

Volunteer Opportunity: Come Build a Bed for a Shoals Area Child

The local Chapter of the national organization Sleep in Heavenly Peace will sponsor a bed building day on Saturday, March 12, at the east campus of Woodmont Baptist Church, Florence. Address of the church is 2002 Darby Drive, Florence and is directly across Darby Drive from Woodmont's main campus. The scheduled time is 9:00 a.m. until noon.

Online registration is encouraged. To register, go to Woodmont's website, www.woodmontbaptist.org. Scroll down to Sleep in Heavenly Peace in the events section where you can do online registration and liability waiver.

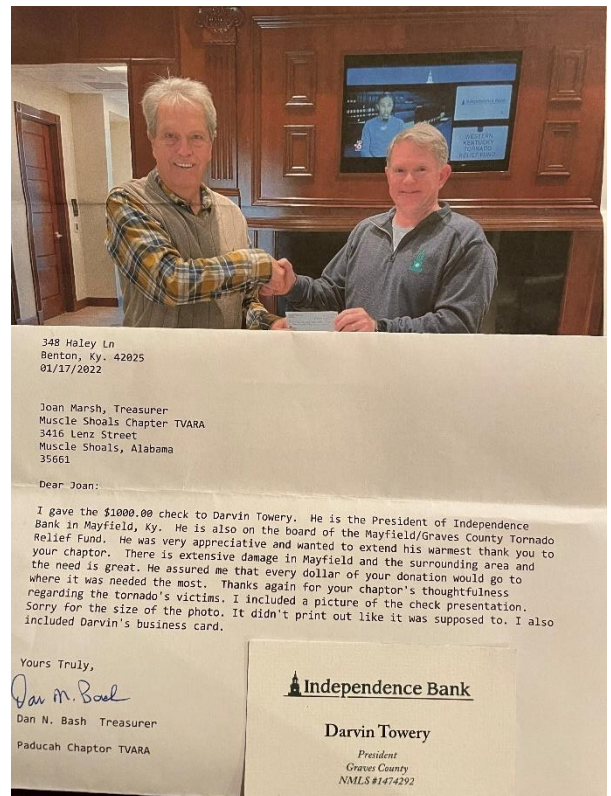
Woodmont has raised \$10,000 (Muscle Shoals Chapter TVARA contributed \$1,000 and TVA contributed \$2,000 on our behalf) for this project which will provide for 50 beds, including mattress, for local children who currently do not have a bed.

Come on the 12th and be involved in this worthwhile project. Carpentry skills not required.

A Shout Out to our Members!

A devastating tornado ripped through the community of Mayfield, Kentucky, in December 2021, virtually destroying the downtown area, as well as many residential areas. Our Chapter had set aside donations which had previously been made, but not needed for earlier flooding disasters in Tennessee. As a result, when the Mayfield disaster occurred, we were able to very quickly distribute \$1,000 in aid to the area through our fellow TVARA Chapter in Paducah. In January, we received the note of appreciation to the right.

As a result of this experience, our Board of Directors has decided to start a Disaster Relief Fund so that we are able to respond to future disasters in our region quickly and effectively. If you would like to contribute to this fund, please send your check to Joan Marsh, 3416 Lenz Street, Muscle Shoals, AL 35661 noting that it is for the Disaster Relief Fund.





2022 Garden Program

BVI provided \$10,000 to MSC TVARA to give to the 2022 Garden Seed Program. Applications for participation will be taken in February. Pictured are Tim Cornelius, local President, Mandy Dowdy, Assistant Director of Community Action, Joan Marsh, Treasurer.

BEST Robotics Active in Shoals

BVI, through our Muscle Shoals Chapter TVARA, provided \$5,000 for the Shoals area BEST Robotics program for 2021. Two of these programs are highlighted below.



Local Students Compete with Custom Built Robots at the LOCAL VEX IQ Challenge at the NW-SCC Gymnasium

Elementary and middle school students from across Alabama descended upon Northwest-Shoals Community College on Saturday, February 5th to play the 2021-2022 VEX IQ Challenge Pitching In. Twenty-six teams came together for a non-stop, action-packed day of teamwork challenges where they competed with their custom-built robots using VEX IQ. The 2021-2022 VEX IQ Challenge Pitching In is one in a series of tournaments supported by the REC Foundation and various national, regional, and local sponsors. Tim Cornelius (pictured) came by to speak to the students. One area school New Bethel Elementary advanced to the VexIQ Championship at Auburn.



Robotics Program Perseveres

Despite the challenges of schools in virtual learning mode and even shut down for periods of time, the Shoals area once again hosted an areawide Robotics program in November, 2021, with the following results provided us by Director Rim Sheppard:

Here are the results of NW Alabama BEST Robotics - Demo Daze 2021:

1st Place BEST Award - Brooks High School

2nd Place BEST Award - Trinitas Classical Academy

3rd Place BEST Award - Wilson High School

4th Place BEST Award - Creekside Academy

5th Place BEST Award - Covenant Christian School

- 1st Place Robotics Performance - Creekside Academy
- 2nd Place Robotics Performance - Wilson High School
- 3rd Place Robotics Performance - Brooks High School
- 4th Place Robotics Performance - Trinitas Classical Academy

All five of these schools advanced to the Regional South's BEST Competition at Auburn University on December 4-5th.

We had a wonderful time! SPOT the Boston Dynamics's robot "dog" was a wonderful addition to our competition. We thank TVA's Browns Ferry Nuclear Plant for bringing him. He was definitely a big hit!

BEST to all,
Kim



What else did we Support?

During the past year, besides the four programs described above, Muscle Shoals Chapter TVARA supported the following:

Day of Caring	\$ 5,000
Endowed Scholarship Essay Contest	200
Helping Hands Playground	2,000
Holiday Helping with PPS	11,125
Local Food Banks	5,000
Endowed Scholarship	2,000
Sleeping Bags for Homeless	1,000

Endowed Scholarship - Your Support Needed!

We have several businesses and charities who have been supporting our endowed scholarship by providing financial support through the purchase of ads for our newsletter and booths at our Annual Health Fair/Picnic. We thank them for their generous support, and hope that each of our members will look at their advertisements in this, and future newsletters, and support these businesses and charities as they support us.

As of January 31, 2022, our scholarship endowment totaled \$86,757.27. We are nearing the incredible amount of \$100,000 – please help us achieve that goal in 2022.

The endowment for 2021-2022 is supporting two scholarships. These awards exceed \$1,100 each. The scholarships for the 2022-2023 academic year will total almost \$3,000. Rather than split this into three scholarships of slightly less than \$1,000 each, the Board has voted to give two scholarships of about \$1,500 each. The scholarship award gives preference to relatives of active (paid) Muscle Shoals TVARA members. In addition your TVARA Board has approved an award of \$200 for the winning essay.

Please make our endowed scholarship a priority for your charitable giving. Donations are tax-deductible. If you would like to donate, go to: <https://www.una.edu/give/tva-scholarship.html>. You may also donate by check: make your check payable to Muscle Shoals Chapter TVARA/UNA Endowed Scholarship and mail it to:

UNA Foundation Office (Attn: Endowed Scholarships)
Box 5113
Florence, AL 35632-0001

UNA Giving Day

A message from our UNA partners in education:

University of North Alabama Advancement believes that the keys to success in any endeavor are people and the relationships we have with them. On March 1st UNA Advancement will launch the month-long 1830 Giving Day Initiative. The purpose of the initiative is to give everyone the opportunity to experience the true joy of giving while empowering our great University, faculty, staff, and students to become all they are capable of becoming. We invite you to become one of the 1,830 donors who give a gift of at least \$10 as part of the 1830 giving day initiative. Join us by giving a gift to the area of campus that means the most to you and receive a commemorative 1830 Giving Day Initiative challenge coin. When the Lion Pride gives back to the University of North Alabama, we all move forward.

You can be part of this initiative and also be a supporter of our Muscle Shoals Chapter TVARA Endowment and assist future scholars through scholarships offered by our endowment. If you would like to donate \$10.00 or more you may give by following directions shown in article above on our Endowed Scholarship.

February Valleywide Meeting Summary
February 15, 2022
By John Blackwell

The current Valley wide president is Jo Anne Lavender, presided.

Justin Maierhofer, Regional Vice President of the North Region discussed TVA activities across the North Region and other TVA Regions. He discussed the August 21, 2021, flooding in Waverly, TN and the damage and TVA's response. The impact on residents was lessened because the flood occurred on a Saturday while schools were closed. The loss of lives would have been greater if school were in session. He also discussed the December 10, 2021, tornado that struck Mayfield KY. TVA lost about 100 transmission towers as well as 400 homes and businesses were destroyed. The city of Mayfield infrastructure was nearly completely destroyed, to include sewer, water, and electrical. For example, the Candle Factory was completely destroyed as well as the offices of Mayfield Electric. TVA responded with the assistance from other utilities. TVA retirees were also acknowledged because of their financial contribution and volunteer efforts. TVA provided assistance in terms of manpower and financial support. Specifically, the Living Land and Water organization that has taken on the task of removing debris from the shoreline of Kentucky Lake. At the recent TVA Board of Directors meeting in Bowling Green Ky, TVA was recognized for its support to the state of Kentucky by Senator McConnell and the governor of Kentucky. Mr. Maierhofer, stated TVA is there for the long term with its customers.

To reach its goal of net-zero carbon emissions by 2050, TVA is committed to building out its clean energy generation. TVA is planning for new energy technologies to include nuclear power to achieve this goal. TVA is developing a roadmap for advanced nuclear is a part of its plan to prioritize innovative methods of reducing carbon emissions.

The TVA Board of Directors ratified approval of a programmatic approach to exploring advanced nuclear technology as a component of its decarbonization goals as discussed at its recent meeting.

As part of the development of innovative, cost-effective technologies that will achieve TVA's aspiration of a net-zero carbon energy future, as outlined in its Strategic Intent and Guiding Principles, advanced nuclear is one of several technologies TVA is investigating. Other technologies include next generation energy storage, carbon capture, new hydroelectric pumped storage, and hydrogen. In addition, TVA continues to expand its renewable energy portfolio, including the targeted addition of up to 10,000 megawatts of solar energy by 2035.

The new nuclear program (NNP) will provide a disciplined, systematic "roadmap" for TVA's exploration of advanced nuclear technology, both in terms of various reactor designs being proposed and potential locations where such facilities may be needed in the region to support future energy needs. The process will include specific decision points that would allow TVA to withdraw from plans or projects if they are no longer feasible or not in the best interest of the region.

The NNP will also coordinate TVA's collaborative efforts with other utilities, government agencies, research institutions, and organizations on advanced nuclear technologies the press release notes.

One of the first tasks the NNP will pursue is a project to develop a nuclear regulatory commission construction permit application and potentially deploy a light-water small modular reactor at the Clinch River site near Oak Ridge, which currently holds the only NRC early site permit for SMRs in the nation.

He also discussed the recent visit by Governor Bill Lee to Watts Bar Nuclear Plant. While only being able to stay one hour the governor was able to tour the control room and turbine floor. In the press conference following the tour the Governor was very complimentary of TVA's Nuclear program.

Mr. Maierhofer also stated that the TVA retirees play an important role in TVA. TVA recognizes that the retirees live throughout the valley and are neighbors and friends with most all government and civic leaders. He suggested that the retirees would find it beneficial to view the videos of recent Board meetings.

Mr. Maierhofer also discussed the recent repairs of Boone Dam. TVA made the decision to lower the levels at Boone Lake in order to conduct crucial repairs to the dam. This had a significant impact on recreation on Boone Lake. The project is expected to be completed in July 2022.

TVA is learning that it can be more helpful to its customer if there is a more rapid response to weather related events. TVA is looking at having supplies and delivery trucks available to respond to emergency with needed materials.

Scott Brooks, TVA media expert, discussed the challenges faced by TVA because of COVID but the recent Board meeting was the first in person meeting. TVA diverse and clean energy portfolio has helped it handle the deal with recent electrical load issues. While providing very competitive electrical rates. TVA is continuing to play a major role in economic development with over \$5 Billion in new capital projects and 24,500 jobs. One of these projects is the new Ford plant near Memphis.

Mark Meigs, Executive Secretary of the TVA Retirement System discussed the status of the retirement system. The assets of the system at the end of November 2021 were \$9.2 B. The system is in good financial shape while continuing to improve the percent of liabilities covered by assets. The retirement system board is now at full strength with 7 members including a retiree, Marilyn Brown. Mr. Meigs pointed out that retirees need to be sure their beneficiaries are current.

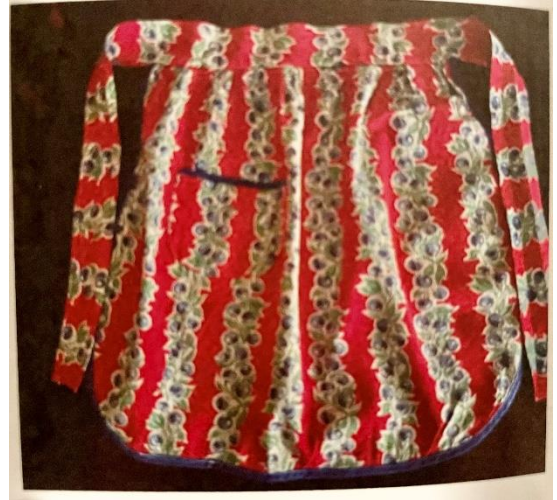
Marilyn Brown, retiree on the TVA Retirement System Board, stated she has a goal of meeting with all 19 Chapters. One of the issues she is learning is that retirees are frustrated by the long wait time with Via Benefits. Ms. Brown also discussed the complexities of Medicare Advantages plans and the confusion of retirees in making decisions about Medicare Supplement Insurance. John Blackwell and Tom Swanson provided comments. Ms. Brown will be following up with John and Tom.

Jeannie King, Consultant, TVA Total Rewards, explained that Via Benefits has had limited staff because of COVID but is scheduling sessions with retirees. She also discussed that it appears that cost of medical insurance for employees and retirees under 65 are relatively stable.

Flour Sack Fashion

By Joan Marsh

To the right is a picture of an apron made for me by my Grandma Perkey when I was about five years old. It is made from a flour sack. Times were lean during the Great Depression, so reusing everything possible was a way of life.



Women noticed that one of their food staples – flour - came in cotton sacks and often emptied the sacks and used the fabric to make clothing, pillows, a mail sack, bags, diapers, kerchiefs, dish towels, dust cloths, and even braided rugs from strips.

I never received a dress or any of the other things she made from the sacks, but was happy to receive the apron.

Flour manufacturers saw that women were using the sacks, so they started packing their flour in pretty patterns. The sacks were labeled but the ink was washable. It is estimated that during the Depression 3.5 million women and children were wearing clothing made from flour sacks. The sacks had instructions of how to wash out the ink of the company's printed logo.

When the clothing finally wore out, it would be cut up and made into something else, like a quilt.

Things changed with the onset of WWII. Cotton started being rationed to make uniforms for soldiers, and people were more than willing to give up the fabric in order to support the war effort.

From then on flour was packaged in paper bags. Who knew something as simple as flour could be so rich in American history?

I find it interesting that there is a plethora of stores online that sell flour sacks.

My flour sack apron will always be a treasure!

Eagle Report

By John Blackwell



If you don't recall, there was not a successful hatching last year. This is the second time this has happened since the eagles have built a nest at 101 Pinewood in Muscle Shoals. The opinion of the Eagle experts for the failure in 2021 is that the eggs were destroyed in a fight between the nesting eagles and a juvenile eagle. Back to this year. The eagles as usual started rebuilding the nest last fall. Steve Letson, Wildlife Photographer, provided the following report on February 1, 2022: "We feel that the eagle pair started sitting on eggs either the 25th or 26th January. If that is the correct date, we should have a hatching the first week In March. Hoping for better results this year than last. Am attaching a few pics from past few days."

Steve will keep us posted on the progress of the eagles in the days ahead, so stayed tuned.



Help! We Need Your Help!

Do you enjoy writing or photography? We're working to make this newsletter the best, and your talents are needed. If you would like to occasionally write an article on your experiences, or on a TVA person who deserves recognition, please let me know and I will schedule your article for a future newsletter. Do you enjoy photography? We could use a designated photographer to get pictures at our various events. We have been somewhat haphazard at this, and would like to get better. Call John Ingwersen at 256-757-5325; or email him at jlingwersen@gmail.com.



Suggestions?

We want your feedback, comments, and suggestions. Let us know what you would like for TVARA programs, for our newsletter, and/or ways we can improve, in any way, our service to you.