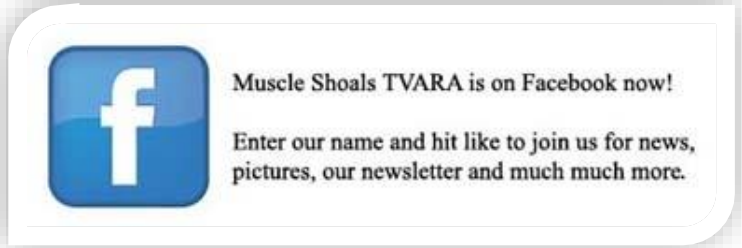




Muscle Shoals Chapter
Winter 2024 Issue



MESSAGE FROM OUR PRESIDENT

Hello everyone! Hope all of you are well.

Our chapter has been supporting community projects since our last newsletter. We are working on our annual Garden Seed Program and have received a BVI grant for \$35,000 to assist in this effort.

Our program this month will be by Kevin Jackson, President Shoals Industrial Development Authority, speaking to us about economic development in our area.

The chapter meeting will be on Wednesday, March 13, 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.

Lunch will be provided at the conclusion of the meeting, and we will have cash door prizes for some lucky attendees.

Stay safe. Hope you see you at the March meeting.

Tim Cornelius



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Upcoming Events

Wednesday, March 13, 2024, 10:00 a.m.

Program to be announced

Free Lunch and Door Prizes

Wilson Dam Road TVA Community Credit Union

Tuesday, June 18, 2024, 10:00 a.m.

Annual Picnic and Health Fair

Program: Health, Fitness, & More

Great Door Prizes (thousands of dollars)

Florence/Lauderdale Coliseum

Wednesday, September 11, 2024, 10:00 a.m.

Program to be announced

Free Lunch and Door Prizes

Wilson Dam Road TVA Community Credit Union

Wednesday, December 11, 2023, 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!

TVA Community Credit Union

Alabama Health Guidance

Lauderdale Christian Nursing Home

Helen Keller Hospital

Columbia Cottage

Delta Dental

Welltower Pegasus Tenant

Cottage of the Shoals

Cigna Healthspring

Edward Jones (Drew Malone)

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, Greg Vandiver

Secretary, Carol Sherer

TVARA Picnic Manager, Henry Long

Hospitality, MJ Ligon

Scholarship Program, John Ingwersen

Newsletter, John Ingwersen, Jim Harris

Board Members, John Blackwell, Cameron Kay, Jim Green, Bill Baggett, Delores Huzar,
Anita Vandiver, Joan Marsh

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

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

A MOST MEMORABLE ANNIVERSARY

By John Ingwersen

Just discovered – a remarkable event – at least for me. Our first newsletter was published ten years ago – in early 2014. No advertising (we since have started getting contributions to our scholarship endowment from advertisers) and it was an astounding three pages in length. The first article was another milestone event – see it reproduced below:

Tennessee Valley Authority Retirees Sign Endowment Agreement with UNA

The Muscle Shoals Chapter of the Tennessee Valley Authority Retirees Association (TVARA) signed an agreement with UNA on April 22 to endow a scholarship to that school. The scholarship will give preference to, but is not limited to, kin of TVA retirees. The initial \$18,000 was funded by the local Chapter from dues paid by more than 1,000 local members over the past several years. With additional funding provided over the next several months, the first scholarship could be awarded for the fall semester.



Signing of Scholarship Endowment Agreement between UNA and Muscle Shoals Chapter TVARA on April 22 at Rogers Hall, UNA. From left, John Ingwersen, President, Muscle Shoals TVARA; Dr. Daniel Hendricks, Vice President for University Endowment, UNA; and Joan Marsh, Treasurer, Muscles Shoals TVARA.

As you will see later on in this quarter's newsletter, we have accomplished yet another GREAT goal that many of us have been looking forward to for years – the endowment has surpassed \$100,000! It took us

several years before the endowment would support one \$1,000 scholarship – now we are talking \$4,000 to be distributed to worthy student scholars (most of them related to our own members).

And so, “Thanks for the Memories”. Thanks to all the members who made these memorable events possible – including this newsletter and all 40 of past newsletters. May we be so blessed in the next ten years!

MERRY CHRISTMAS SCOPE 310

By Anita Vandiver



Happy New Year everyone! Hope everyone had a great Christmas. This year our TVARA Chapter provided gifts and a check for \$2,000 to SCOPE 310 for their annual Christmas party. Jarrett & Mattie Vandiver (Greg & Anita's son and daughter-in-law) dressed as Santa & Mrs. Claus and passed out the gifts to all the residents. John Blackwell came dressed in his Gingerbread suit. Alyssa Ashley from the TVACCU provided the entertainment by singing and playing her guitar along with her husband who played the Saxophone. A good time was had by all, and they were very appreciative. The TVARA group received a letter of appreciation from the Executive Director of SCOPE 310 Arvy G. Dupuy III.



Age Activated Attention Deficit Disorder (AAADD) **Shared by Joan Marsh**

Recently my friend shared with me that she was diagnosed with AAADD. This is how it manifests:

She decided to water her garden. As she turned on the hose in the driveway, she looked at her **car** and decided it needed washing. As she started toward the garage, she noticed that there was mail on the porch table that was brought up from the mailbox earlier. She decided to go through the mail before washing the car. She laid her **car keys** down on the table, put the junk mail in the garbage can under the table, and noticed that the can was full. So, she decided to put the bills back on the table and take out the garbage first. But then since she was going to be near the mailbox when taking out the garbage, she may as well pay the **bills** first. Since the checkbook was on the table in the house, she sees that there is only **one check** left. The extra checks are in the desk in her study, so she goes to the study to her desk where she finds the can of **Coke** that she had been drinking. She is going to look for the checks, but first needed to put the **Coke** aside so that she doesn't accidentally knock it over. She then sees that the **Coke** is getting warm and decides to put it in the refrigerator to keep it cold. As she was headed toward the kitchen with the **Coke**, a vase of **flowers** on the counter catches her eye as they needed to be watered. She set the **Coke** down on the counter, and discovered her reading **glasses** that she had been searching for all morning. She decided to put them back on the desk but first water the flowers. She set the glasses back down on the counter, filled a container with water, and suddenly spotted the **TV remote**. Someone left it on the kitchen table. Realizing that tonight when she would be watching TV, she would be looking for the remote and would not remember that it is on the kitchen table. She decided to put it back in the den where it belonged but first would water the flowers. While pouring some water in the flowers, quite a bit of it spills on the floor. She set the remote back down on the table, got some towels, and wiped up the spill. Then she headed down the hall trying to remember what she was planning to do. At the end of the day...

The car wasn't washed.

The bills were not paid.

There was a warm can of Coke sitting on the counter.

The flowers didn't have enough water.

There was still only one check in the checkbook.

She couldn't find the remote.

She couldn't find her glasses.

She couldn't remember what she did with the car keys.

Then when she figured out why nothing got done, she was really baffled because she was busy all day long and was really tired. She realized this is a serious problem but will try to get some help for it after checking her email!

Now be honest. Don't we all find ourselves doing similar things????

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 them as they support us.

As of December 31, 2023, our scholarship endowment totaled \$101,166. We finally attained our goal of \$100,000 – ten years from inception. Help us now to go after \$150,000!

The endowment for 2023-2024 supports two scholarships. These awards exceed \$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



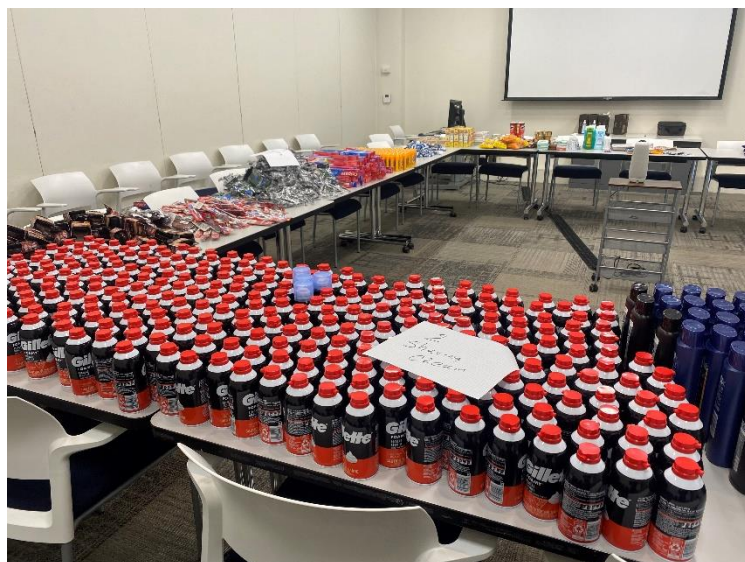
A promotional graphic for The Renaissance of Florence. It features a collage of photos showing people and a dog named Bernard "Bernie" Community Dog. Text includes "Come join a community filled with fun activities, and outings while making new friends.", "BEST ASSISTED LIVING US News 2023-2024", and "Named Best Assisted Living Community by US News". Contact information: 3275 Co Rd 47, Florence, AL 35630 | PegasusSeniorLiving.com. Call 256-408-4211 to schedule your tour today.

Veteran's Assistance Program By John Blackwell

During the past two years, the Muscle Shoals Chapter of TVARA has worked with TVA Power Service Shop and the Tuscumbia Chapter of the American Legion to provide gift bags to veterans. These bags were delivered to veterans in hospice care, assisted living, nursing homes, and disabled veterans living at

home. The bags contained nail clippers, razors, body powder, shaving cream, shampoo, body wash, deodorant, lotion, lip balm, books, and snacks.

How was the Muscle Shoals Chapter involved? The first steps were to request a grant from BVI to purchase items for the gift bags. Having been involved previously, lessons were learned about the most helpful items. For example, no travel size items. We want the veteran's needs to be met for several weeks, not for just a few days. So, full size items were ordered. We learned that large quantities of full-size items could not be obtained locally without going to several stores. So, the items were ordered online; the items could then be delivered with minimum of handling. The Power Service Shop provided gift bags.



The items were taken to the Power Service Shop, where they would be sorted and readied for packaging. Power Service Shop employees sorted the items which made quick work for packaging. The retirees stuffed 125 gift bags. Doug Hargett, Commander of the American Legion, and helpers picked up the bags and delivered them to veterans.

Because of TVA, TVARA, BVI, and other groups this year, gift bags were delivered to 215 veterans in Colbert, Franklin, and Lauderdale Counties. Doug stated the

veterans were very appreciative of the bags of essentials and were like children at Christmas.

The American Legion post recognized TVA, TVARA, and BVI for their contribution to the project by presenting each organization with a plaque.

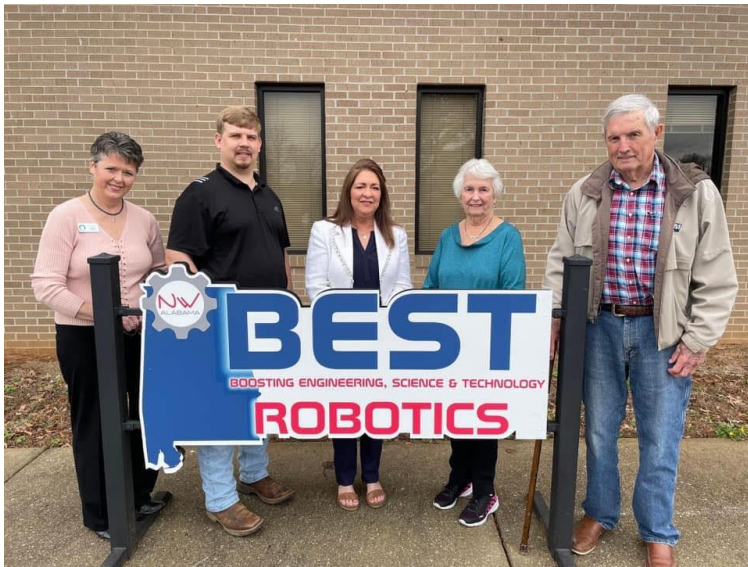
NW AL BEST 2023 season "Incision Decision"

By Kim Sheppard, Director

We had a great year and really appreciate your support!

Our hub, NW AL BEST served over 250 students this year! We had approximately 400 students, teachers, and parents at our Industry Night in October. TVA was very gracious and built both of our fields! They did a great job, and we REALLY appreciate it! TVA and former employees of TVA help judge, referee, and volunteer for both our hub and the regional championship! I don't think we could do it without BVI and TVA!





Our local hub competition game day was November 4th. Our hub based on the number of teams registered (we had several new teams) advanced 10 teams to the South's BEST Regional

Championship: Brooks Elementary School, Brooks High School, Central High School, Covenant Christian School, Creekside Academy, Corinth City Schools, Rogers High School, Russellville High School, Starkville Academy, and Trinitas Classical Academy.

Follow-up from local hub report:

We're thrilled with the incredible results stemming from our year-long hard work with our hub and South's BEST. The latest update is truly remarkable: Creekside Academy's team, along with their parents and representatives from NWSCC, have received a special invitation from our Alabama Senators and Congressional Representatives to visit Washington D.C. in May for a commendation. This achievement is a testament to the remarkable achievements of this small school! Despite facing stiff competition from over 800 teams nationwide, they clinched the top spot nationally.

Despite not making the top three in our hub back in November, their perseverance and dedication led them to refine their robot

using the engineering design process before the regional championship, resulting in tremendous success. The team made history at both South's BEST Regional Championship (awarded 1st place), and we were shocked to learn they placed 1st nationally as well. This is the first time that a team from the southeastern U.S. has placed 1st nationally in BEST Robotics. Our hub could not be prouder of these students, teachers, and coaches!



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The tentative dates for the Washington D.C. trip are May 14th to 17th, and the team is actively fundraising for the journey, which will include 27 students and their parents. They've been promised a tour of the Capitol and possibly even the White House.

Furthermore, the team has received an invitation to be recognized in Montgomery, although the dates for this trip are currently unknown.

Buying Gifts for the Angel Tree



Brandi Shewbert, Joan Marsh, Scarlett Winstead, Sherri Glover, Don Berry, Brian Rodgey, John Blackwell

Notes from the Valley Wide TVARA Meeting on February 21, 2024

By John Blackwell

Mark Meigs, Executive Secretary, TVA Retirement System, reported that the last quarter of the calendar year ending on December 31, 2023, saw a significant growth in the assets of the retirement system of \$8.5 B. The assets of the retirement system are well positioned for the future. The retirement system is about 81% funded according to TVA. The TVA will probably report 84-85% funded. The next meeting of the TVA Retirement System Board of Directors is on March 5, 2024. He also emphasized the importance of retirees keeping the TVA Retirement System informed of address changes. There were over 300, 1099

forms returned because of bad addresses from retirees. Also, he would like to hear of comments on retirees' dealings with New York Mellon on issues with retirement checks.

Liberty Phillips, a consultant with TVA external communications, has been assigned to work with the TVARA. She reported on the recent record-breaking electrical load record. TVA was well positioned with its electrical generating capabilities to meet that load. The agency broke its power demand record January 17, 2024. Unlike when similar weather struck in 2022, TVA did not order any rolling blackouts. The power demand reached 34,526 megawatts, short of the projected 35,000 megawatts.



TVA is going to start sending out condolence cards to retiree and beneficiaries' families.

TVA will be working with the chapters to conductor some regional meetings. Dates and times for these meeting will be announced.

Traci Hightower discussed the robotics activities across the valley and how the retirees can become more involved.

Richard Wilson, TVARA membership coordinator, reported that there are over 21,000 retirees. Most of these retirees are residing in the Tennessee Valley.

The financial report was provided to attendees and discussed. The report was approved.

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.