

TVARA NEWS

The TVA Retirees Association

The Tennessee Valley Authority Retirees Association | 400 West Summit Hill Drive WT 8C-K | Knoxville, TN 37902 | www.mytvara.org | 865-632-3318

TVARS reports assets for FY2022

By JUSTIN VINEYARD
Senior Retirement Consultant, TVARS

Fiscal year 2022 was a tough one for the financial markets, and the TVA Retirement System was not immune.

Fortunately, the pension portfolio was well-positioned with a diversified portfolio, and our de-risking efforts in 2021 really helped dampen the impact to the portfolio. The September year-end value of \$8.1B is below our record 2021 asset value. We continue to have full confidence that the fund will be fully funded, and current and future benefit payments are secure.

TVARS Board Election Results

TVARS recently accepted nominations for a three-year term as an elected member of the TVARS Board of Directors.

At the close of the nomination period, the only nomination received was for Michael A. Blakely II, a Nuclear Unit Operator at Browns Ferry Nuclear Plant.



Michael A. Blakely II

The TVARS Rules & Regulations state in the event only one person is nominated for the director position to be filled, the board may declare such nominee elected without the necessity of formal balloting by the membership. Accordingly, the board unanimously approved a resolution declaring Blakely elected as a director for the three-

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TVARA Celebrating 55 Years

By JO ANNE LAVENDER, TVARA Valleywide President

Your TVA Retirees Association is celebrating its 55th anniversary this year.



JO ANNE LAVENDER

In 1967, TVARA was established, with its primary purpose the betterment of conditions for TVA retirees, their spouses, and the beneficiaries of deceased retirees.

This has been accomplished in several ways: by discussions and negotiations with TVA management on the retirement plan and benefit plans, by providing avenues for retirees to continue to enjoy meeting with their previous co-workers, and by providing opportunities for retirees to serve in and enhance their communities.

In 2022, we have had so many reasons to celebrate what has been accomplished by TVARA this year.

- The 19 TVARA chapters were able to meet in person again, enjoying the camaraderie, learning about TVA projects and other interesting topics, and planning service projects. See the Chapter Meeting listing on page 15 in this issue of TVARA News. Plan to attend a chapter December holiday meeting. You are always welcome at any chapter meeting, whether or not you are a member

of that chapter and whether or not you are considering joining TVARA.

- The TVA Retiree Appreciation Luncheon was held Sept. 15 in Chattanooga. More than 700 retirees attended. See Suzan Bowman's article on the luncheon on pages 6 and 7. We are thankful for TVA's sponsoring this event and demonstrating its appreciation for what TVA retirees have done to set the foundation for TVA's success today.
- Our chapters continue to do service projects that improve their communities and provide rewarding opportunities to get together for good causes. See Penny Walker's article on page 3 about recent chapter service projects.
- We often are able to provide grants for these projects through generous funding from Bicentennial Volunteers Inc. We are very excited that Kathy Black is the new President of BVI and its other arms, the Retiree Resources Corp. and National Emergency Assistance groups (see the article on page 3). Kathy has a wealth of experience in TVA matters and is a great partner with TVARA.
- TVA has regional offices for Government & Community Affairs in the 4 Regions (East, North, South, and West). These organizations also want to partner

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Retiree or Beneficiary Death Notification
Notify the TVA Retirement System by email or phone.

Fidelity 401(k) Plan
Phone: 1-800-354-7121
Online: nb.fidelity.com/public/nb/tva/home

BNY Mellon Payments
Phone: 1-844-545-1256
Online: bnym.accessmyretirement.com

Change of Address
Notify BNY Mellon by using the back of any BNY Mellon statement. The address change form can also be found online at tvars.com or bnym.accessmyretirement.com

Medical and Drug Coverage
Call Blue Cross Blue Shield (medical) toll-free at 1-800-245-7942
Call Express Scripts (drug) toll-free at 1-800-935-6203
Or call People First Solution Center toll-free at 1-888-275-8094
Over 65? Call Via Benefits (formerly OneExchange) toll-free at 1-866-322-2824

TVARA Membership
Contact Richard T. Wilson at rtwilson@tva.gov or call him at 865-632-8542

TVARA News Information
Contact tvara@tva.gov or call Reba Whitson at 865-632-3318 or toll-free at 1-877-335-1222
TVARA's Web address is mytvara.org; its Facebook address is facebook.com/mytvara.org

The TVA Retirees Association is the official organization of all TVA retirees. It was organized to serve the varied interests of TVA and its retirees and their beneficiaries, and to help keep them informed of TVA developments affecting their interests. It has been recognized by TVA as the responsible representative of retirees in conveying retiree views.

TVA NEWS & NOTES

The following news items were submitted to TVARA News by TVA's Internal Communications department:

TVA partners with Volkswagen in pilot of customized EV line

Volkswagen of Tennessee is partnering with TVA to develop the country's first fully electric made-in-America fleet vehicle. As part of a new Volkswagen pilot program, TVA's Unmanned Aerial Systems drone team will test-drive a fully customized electric ID-4 for an entire year.

The freshly modified ID-4 is being called a "Mobile Drone Response Vehicle."

The goal of the one-year pilot is for TVA Fleet Services and its drone team to document the vehicle's performance and report findings to Volkswagen. Use of the vehicle is free for TVA and will help Volkswagen make the necessary tweaks to convert its family-style sport utility vehicle into a user-friendly commercial application for mass production.

Some of the modifications to the vehicle include an all-vinyl floor, built-in hotspot, larger wheels to raise the vehicle's chassis for off-road applications, a utility-style racking system for better storage and an extendable awning to shade the drone team while performing work in the field.

"VW is providing this vehicle on loan at no cost to TVA," said TVA Fleet Services Manager Nathan Stanfield. "It's a smart risk because we get to not only be a partner who's participating in the push toward carbon reduction, but we're literally taking the driver's seat to help solve a global issue."

Like any matter of physics, for every action there's an equal and opposite tradeoff. With larger cargo racks and wheels, Volkswagen expects the bulkier aerodynamics of the vehicle to limit the SUV's range. Current ID-4 models have an average range of 280 miles per charge.



TVA to test-drive new VW ID-4 electric vehicle.

One of the tasks TVA's drone team will have is to help Volkswagen better understand the actual range of the fleet model.

The ID.4 pilot is in line with TVA's larger carbon-reduction goals to have 100 percent of the fleet's light-duty sedans, SUVs, and trucks switched to electric by 2030. All light-duty replacement vehicles will be EV or hybrids beginning in 2025.

Visitor Centers reopen after two-summer hiatus

TVA's Norris and Fontana visitor centers reopened this summer after a two-summer hiatus.

Facilities Maintenance and retirees also were preparing Raccoon Mountain's visitor center to reopen, while Kentucky Dam's center was to remain closed to the public through the end of the calendar year.

There are unstaffed visitor opportunities at other hydrogeneration facilities on the TVA system, as well: Ft. Patrick Henry, Boone, and Melton Hill in East Tennessee; and Wilson and Guntersville in Alabama.

TVA developing plans for 20 small nuclear reactors

(Excerpted from an article by Dave Flessner in the Oct. 26, 2022 edition of the Chattanooga Times Free Press — to read the entire article, go to timesfreepress.com/news/2022/oct/26/tva-developing-plans-tfp/#/questions.)

To decarbonize and electrify America's economy, the head of the nation's biggest public-power utility thinks several hundred new nuclear reactors may be needed in the next generation, including 20 or so new smaller reactors across the Tennessee Valley.

In a talk to business investors and nuclear power leaders this week, TVA President Jeff Lyash said the utility's initial efforts to build small modular reactors near Oak Ridge will serve as a model to construct more than a dozen other such reactors in TVA's seven-state region. The reactors will help provide around-the-clock, carbon-free energy needed to meet TVA's goal of operating a carbon-free power grid by 2050.

“I have no interest in building just one reactor,” Lyash said during a presentation to the Atlantic Council in Washington, D.C. “I’m interested in 20 reactors — maybe more.”

As cars shift from gasoline to battery power and homes and industries shift away from natural gas and propane to electricity use, Lyash projects electricity demand in the Tennessee Valley will likely jump by 50 percent to 100 percent above current levels within the next three decades. To meet the higher demand while phasing out its aging fleet of coal plants, Lyash said TVA is eager to expand renewable energy sources like solar, wind, and geothermal, while

expanding nuclear-power generation.

TVA has pledged to reduce its carbon emissions by at least 70 percent by 2030 and 80 percent by 2035. Lyash has an aspiration for TVA to be carbon neutral by no later than 2050, even as power demand could double from the growth of electric vehicles and economic expansion in the Tennessee Valley.

To replace coal, natural gas, and other fossil fuels, Lyash said more nuclear power will be essential, especially to provide reliable, continuous power when the sun doesn’t shine for solar generators or the wind doesn’t blow for windmills to generate electricity.

“We have to preserve, extend, and leverage the existing nuclear fleet, and we have to have new nuclear if we are going to solve these problems,” Lyash said.

TVA and other utilities are planning to phase out most fossil-fuel generation during the next couple of decades to help limit greenhouse-gas emissions linked with global warming.

Lyash said he is hopeful the next generation of advanced nuclear plants will be more cost-effective and efficient to build and operate, and he added TVA is being more deliberative in its approach to building any new reactors.

3 Cheers for Our Volunteers! By PENNY WALKER, TVARA Valleywide Volunteer Coordinator

Retirees, BVI build homes, landscape Cerebral Palsy Center

The **TVARA Johnsonville Chapter** presented a \$2,000 check to the Appalachia Service Project (ASP) to help with the rebuilding of homes in Waverly, Tenn.

This has been an ongoing effort by ASP since the catastrophic flooding in 2021.

The rebuilding of homes is at no cost to the homeowners. Through monetary donations, ASP has been able to purchase building materials and supplies, and ASP volunteers, alongside local volunteers, supply the labor. Bicentennial Volunteers Inc.

provided the Johnsonville chapter with funds for the project.

ASP’s vision is for substandard housing in Central Appalachia to be eradicated.

Between its conception in 1969 through 2015, ASP has rebuilt or repaired more than 17,370 homes, through the efforts of more than 377,410 volunteers.

Meanwhile, **TVARA’s Muscle Shoals Chapter** and TVA Power Service Shops employees recently assisted the Cerebral Palsy Center in Tuscumbia,

Ala., with some much-needed new landscaping.

A local landscaping firm donated 30 new shrubs for the facility, and Muscle Shoals retirees and Service Shops employees volunteered to remove the old vegetation and plant the new.

BVI provided a grant of \$1,000 to assist with the purchase of landscaping felt and river rock.

TVARA retirees who assisted in the project were Bobby Atwell, Walter Parsley, and John Blackwell.

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year term beginning Nov. 1, 2022, through Oct. 31, 2025.

The term limit for Jim Hovious expired on Oct. 31. TVARS appreciates the service and dedication he provided to the TVARS Board.

Cost-of-Living Adjustments

The TVARS Rules & Regulations provide that eligible retirement benefits (pension and supplemental benefits) will receive a cost-of-living adjustment based on an inflation measure, which is the Consumer Price Index — All Urban Consumers. CPI-U is an index

maintained by the U.S. Labor Department that measures the price changes in a broad group of various goods and services purchased by consumers.

Under the TVARS Rules, the COLA is calculated as the percentage change in the average CPI-U for the period of November 2020-October 2021 to the period November 2021-October 2022. This information was not available at presstime, but it will be communicated on the TVARS website and on the January statements.

Eligible retirees and beneficiaries will see the increase in payments beginning Jan. 31.

Bank of New York Mellon

To access your monthly direct-deposit statements online, visit bnym.accessmyretirement.com and log in. Or create your account using your 15-digit BNYM account number found on any statement. On the website, you also can update your address, tax-withholding, or direct-deposit information. For assistance, call BNY Mellon toll-free at 1-844-545-1256.

If you have any retirement-related questions, please email tvars@tva.gov or call toll-free at 1-800-824-3870.

Pre-65 Medical Plans: Check Out Changes for 2023

By **NICKOLAUS JORDAN**, Consultant, TVA Benefits & Wellbeing

For retirees or their dependents who are not yet eligible for Medicare, some changes are set for 2023 in the TVA-sponsored Medical Plans (the 80 Percent PPO and the Consumer-Directed Health plan, or CDHP) for 2023. Specifically, the following changes will be in effect starting Jan. 1:

1. Telehealth Services Moving to Teladoc Health

Starting Jan. 1, telehealth services will be available 24/7 through Teladoc Health. Visits can be scheduled by logging in to [BCBST.com](https://www.bcbst.com).

Mental-health visits with psychologists and psychiatrists will be available. You also will be able to visit specialists for dermatology, neck/back care, nutrition counseling, and tobacco cessation.

2. Consumer-Directed Health Plan Deductibles

To comply with IRS regulations, the deductibles for the CDHP are increasing to \$1,500 for individuals and \$3,000 for families.

3. Mental Health

TVA will provide one preventive mental-health screening per year at no cost to BCBST medical-plan participants. TVA also is making it easier to find a therapist who works for you by opening up the mental-health network. Once your out-of-network claim has been submitted, you will only be responsible for the in-network cost share for the visit.

Please check with the staff of your out-of-network provider before your visit to see that they will provide you with the appropriate codes to file an insurance claim. Contact BCBST with any questions.

4. Expanded Travel Benefit

BCBST will reimburse you for travel expenses to receive certain covered services, in the event the service is not available at an in-network provider within 100 miles of your home. Contact BCBST for more information on how to submit a reimbursement request for review.

5. Increased Health Savings Account Limits

The IRS has increased the contribution limits for 2023. The maximum contribution for a retiree with individual coverage will be \$3,850, an increase of \$200 from the 2022 limit of \$3,650. Retirees with family coverage can contribute a maximum of \$7,750 to their HSA for 2023, an increase of \$450 from the 2022 limit of \$7,300.

Retirees age 55 or over can add an additional \$1,000 to the IRS limits and take advantage of the “catch-up” contribution opportunity until they become eligible for Medicare. See the HSA Bank Employee Resource Center for more information.

Need more information?

For more information about the plans available to you, see the “Pre-65 Retiree Medical Plan” booklet for 2023 mailed to your home or visit tva.com/retireeportal.

Open Enrollment Ending Soon for Medicare Retirees

The Centers for Medicare & Medicaid Services Open Enrollment for Medicare plans began Oct. 15 and will be ending Dec. 7.

Make sure you review any materials your current plans sent you, such as the Evidence of Coverage and Annual Notice of Change. Make sure your plans will still meet your needs for 2023.

If you don't want to make any changes, you don't need to do anything. You will remain in the plans in which you currently are enrolled.

If you are enrolled in a plan through Via Benefits and want to make a change or are interested in learning more about the options available to you, call Via Benefits toll-free at 1-844-620-5725 by Dec. 7 at the latest.

Watch Your HSA Balance

Eligible participants in the Consumer-Directed Health Plan can take advantage of a Health Savings Account. Please note that accounts with a zero balance and no activity for six months or more are closed by the HSA Bank.

To be eligible for the 2023 TVA contribution

to your HSA, you must have an active account on Jan. 1, 2023.

Call HSA Bank toll-free at 1-844-650-8934 if you are concerned that your account may have been closed. For more information, call the People First Solution Center toll-free at 1-888-275-8094.



Making Midterm Modifications, Moving On



JESSICA HOGLE

By JESSICA HOGLE, TVA Vice President, Federal Affairs

All eyes in Washington were on the November elections, although the final numbers were still out on a few key races at the time this column was finalized. The most likely outcome at that time was a Republican majority in the House and a narrow Senate majority, determined by a runoff in Georgia on Dec. 6. TVA Federal

Affairs looks forward to working with new members in our delegation, as well as key leadership and congressional committees.

Regardless of party control in the Senate, there could be movement on several key energy policies in the 118th Congress. Republicans could push to pass an energy infrastructure and critical minerals-permitting bill and push President Biden to expand oil/gas development and not impose export limits, although their influence over those decisions would be limited. Republicans also will likely push to sustain the U.S.-Saudi alliance, although again their influence would be limited, given that it is largely the Administration’s responsibility. Finally, we expect significant oversight from Republicans in the House on companies and investors promotion of ESG (Environmental Social and Governance) investing and business practices, although the Administration and Democrats can still push forward on ongoing rulemaking in this area through the Department of Labor and Securities Exchange Commission. We will keep you apprised on these and other priorities in future newsletters!

Board of Directors Update

On Sept. 29, the U.S. Senate Committee on Environment and Public Works advanced the nominations of Michelle Moore, Bobby Klein, Bill Renick, Wade White, and Joe Ritch out of committee by voice vote, making the five nominees eligible for full Senate consideration. Following the October recess and midterms, TVA’s Federal Affairs team expected the nominations may be considered by the lame-duck session before the end of the year. Our team continues to provide support to all nominees through the confirmation process, in order to fill remaining and upcoming vacancies on the Board.

New Team Member

The Federal Affairs team has grown throughout 2022 to reflect its enhanced commitment to engaging with Washington stakeholders. We were pleased to round out the new team by welcoming Mike Albares in September

as a Washington Representative. Mike will be responsible for TVA’s relationships with our congressional delegation from TVA’s South Region (Alabama), in addition to specific policy areas impactful to TVA. He brings particularly well-suited expertise and experience to this role, as he comes to us from the office of Sen. Tommy Tuberville of Alabama, where he served as Senior Policy Advisor for Energy, Environmental, and Infrastructure Policy. He previously served as Chief of Staff and held several legislative roles in the office of former U.S. Rep. Martha Roby (AL-2).

Visitors in the Valley

After a two-year hiatus due to COVID, we were thrilled to reinstate the annual August congressional-recess “Visit to the Valley” with Capitol Hill staffers. Sixteen staff members from our congressional-delegation offices, congressional committees of jurisdiction, and the Department of Energy spent three days in the Chattanooga area to see first-hand how TVA delivers on its mission of service.

Highlights included a visit to the Raccoon Mountain Pumped-Storage Plant, tours of TVA’s system-operation and cybersecurity centers, a view on our work with local power companies to ease energy burden for families and schools, a tour of the Volkswagen Chattanooga plant, rafting on the Hiwassee



Federal Affairs team members and visiting D.C. staffers at the Raccoon Mountain overlook

River, and an opportunity to meet TVA executives and Board members. They also had briefings by TVA experts on the nuclear fleet and advanced nuclear program, Raccoon Mountain and the potential for new pumped storage, natural-resources management, our biodiversity work and policy, integrated river-system management, economic-development programs, and electric-vehicle initiatives.

On Oct. 26, TVA hosted another group of staffers on a tour of Watts Bar Nuclear Plant. The group was a part of the Foundation for Nuclear Studies and was made up of 12

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From left, Joan Marsh, Billy Baggett, John and Elba Lue Blackwell



Frederick and Virginia Yarbrough



James Murphy



Laverne Coffey and Buddy Eller

Luncheon revival returns retiree fun, food, fellowship

By **SUZAN BOWMAN**, Senior Consultant, TVA Communications & Public Relations

After a two-year precaution against gathering as a large group during the pandemic, more than 700 TVA retirees met on Sept. 15, 2022, to reconnect with each other at the previously annual TVA Retiree Appreciation Luncheon.

“I’ve been retired 14 years,” said Beverly Rowe, who worked in both the IT Help Desk and also at Sequoyah Nuclear Plant. “Seeing old faces and reminiscing is one of my favorite parts.

“And also keeping up with what’s going on with TVA — I come for that, too, for the information.”

Held at the Chattanooga Convention Center, this year’s Valleywide get-together provided plenty of space for reminiscing and info-gathering.

Along with catching up with friends, those attending the luncheon were invited to visit various TVA booths around the exhibit hall to hear latest developments, as well as booths staffed by service- and resource-providers. The TVA Police showed off their new police truck. Blood-pressure checks were provided by local nursing students.

Of special interest were several stations staffed this year by students participating in Tennessee Valley Robotics — an organization supported both by TVA and TVA’s Bicentennial

Volunteers Inc. retiree organization.

Chattanooga Westview Elementary students, referencing the latest Green Spaces Green Prix held in that city, displayed the kit car they raced. It was an eight-month construction project for a team of 22 very enthusiastic fourth- and fifth-graders.

“It’s all about igniting interest in STEM (the school program promoting Science, Technology, Engineering, and Mathematics),” said TVA retiree and Tennessee Valley Robotics Partner Charley Spencer. “And if you look at what the kids are doing here today, you’ll see that it’s actually more than just robotics.”

Spencer pointed to stations spotlighting student projects in solar technology, as well as in drones.

“All of it ties back to the things we’re doing at TVA,” he said. “The real driver is creating a pipeline of well-trained young people who are prepared for tomorrow’s high-tech jobs.”

As always, this year’s Retiree Luncheon was well-attended by current TVA employees and leaders happy to connect with familiar faces and to commend the legacy left by retirees.

Executive Vice President/Chief External Relations Officer Jeannette Mills and Executive VP/Chief Nuclear Officer Tim Rausch were spotted in the crowd.

TVARA Valleywide President Jo Anne Lavender welcomed retirees and introduced the guest speakers.

From opening remarks by Executive VP/Chief People & Communications Officer Sue Collins to the keynote address by Senior VP of Resource Management & Operations Services Bob Dalrymple, it was all about appreciation.



RaSharon King provides information at one of TVA’s exhibit tables.



Local students presented demonstrations of robotics, kit cars, and other projects.

BVI Announces Leadership Appointments

The Bicentennial Volunteers Inc. Board of Directors has announced two new appointments.

Kathy Black is the new President of BVI. She had been serving as Interim President, following the decision by President Jim Russell to retire from his post.

Black served as Senior Vice President of Human Resources & Communications before her retirement from TVA in 2016. She was named to the BVI Board in 2017.



Kathy Black

As BVI President, she will lead the organization's three areas of focus:

- BVI, which provides volunteer opportunities for TVA retirees

- Retiree Resources Corp., which provides TVA with retirees to perform contract work
- National Emergency Assistance, which provides FEMA with retirees to assist with disaster-relief work

In addition to Black's appointment, the Board of Directors also has announced the selection of DeWitt Bureson as a new member of the RRC Board.

Bureson is a former Valleywide President of the TVA Retirees Association. He retired from TVA in 2008 as TVA's Ombudsman and before that as Senior Manager of Labor Compensation.

"We welcome Kathy and DeWitt to their positions," says BVI Chair Bruce Schofield. "Both of these individuals bring a wealth of experience and insight to their new roles.

(Information drawn from mybvi.org website.)

President's Message...continued from page 1

- with TVARA and BVI to provide community-service projects. This is a great time for TVARA chapters, BVI, and TVA to make some significant positive impacts in Tennessee Valley communities.
- This year, with the high inflation rates, it is important to retirees that their retirement pay rise, as well. In 2016, discussions and negotiations between TVA and TVARA led to some positive changes in the Retirement System. One of those changes was to raise the maximum COLA rate from 5 percent per year to 6 percent per year. The Retirement System Board will meet in December to approve the cost-

of-living adjustment for the coming year. Because the inflation rate is so high this year, it is very likely the maximum 6-percent COLA will be approved.

- Since retirees also want to enjoy their well-earned free time, we have another great travel article in this issue, as we do in most issues. And since we want to stay healthy, we have an article about the benefits of regular exercising.
- As always, we have articles from the Retirement System and from the Benefits staff to provide the latest information. We have articles about what is happening in TVA, because we want to keep up with

the great work TVA is doing.

- Lastly, we have information on paying your 2023 TVARA dues. Dues are only \$15 per year. With that membership, you get the four quarterly issues of this newsletter each year. You will have access to chapter meetings and be able to participate in their service projects. And you receive information about how your retirees association is working to continue the betterment of conditions for you and your family.
- If you are not currently a member of TVARA (the December newsletter goes to all TVA retirees), we invite you to join with us and send in your membership form!

"I am blessed and privileged to be part of an organization with employees who are so committed to the mission of service that TVA has," Dalrymple said.

"The work that they do today is built on the foundation that you laid. And you laid a strong foundation — a legacy of service that has a ripple effect, influencing those who are working today to do things better, to reach farther, and to help TVA achieve even more for the good of the Valley."

Those of us involved in this year's revival of the Valleywide luncheon hope you will attend next year to visit once again with your fellow retirees and catch up on what is happening with TVA.



TVA Police Inspector Andrew Tweed shows tactical-response body armor to his grandparents, Hugh and Mary Gardner.



Deby and Mick Hazelwood

Rollin' again, on the Rhine, this time

Fighting pandemic blues with another cruise

By LARRY EDWARDS

In early 2020, COVID-19 slammed the door on international travel for most people.

My wife, Linda, and I had been considering a cruise with some friends but had decided that was too risky and had given up the idea. We would wait for improvement in the situation before venturing out again, as would our friends.

In early 2022, the outlook improved to the point that Linda and I were ready to try another cruise. We had enjoyed our previous experience with Viking River Cruises (see "Rollin' on the Danube," *TVARA News*, December 2019), so we decided to have another.

This time, we booked a Rhine River cruise with Viking to go from Amsterdam, Netherlands, to Basel, Switzerland, with a pre-cruise excursion to visit The Hague in the Netherlands.

Two days in The Hague and eight days on the river sounded good to us.



Larry and Linda Edwards

Before leaving the United States, we were required to get negative PCR (polymerase chain reaction) tests for COVID. For \$150 each, CVS was quite willing to test us.

After getting the required tests the day before departure, we were off on another journey.

The overnight flight to Amsterdam was uneventful, and we arrived in Europe at a decent morning hour. Viking had arranged a car transfer to The Hague for us, to begin the pre-cruise excursion, and the driver

(complete with expensive suit and shoes) met the two of us in the airport and escorted us to the passenger pickup area.

He asked us to wait while he got his car, then he showed up in the largest BMW sedan we had ever seen, for the short ride to The Hague.

The Hague is the working location of King Willem-Alexander of the Netherlands, while most of his administrative offices are in Amsterdam.



The confluence of the Rhine, flowing left to right from the south to the north, and the Moselle, flowing from top to bottom and west to east from France (out of sight over the mountains)



The working palace of King Willem-Alexander of the Netherlands, with escorted carriage for dignitaries from two nations

Little did we know that night, but across the street from our hotel was the working palace of the king. While we were checking in, a carriage straight out of Disneyland was coming up our street accompanied by several horsemen and an honor guard. They were there to pick up high officials from Ethiopia and Djibouti, who had been received by the King that morning. (We were sure they were there to pick us up, but)

The Hague has a population of about 500,000, but it has the feel of a much smaller town — beautiful old buildings, narrow streets, and loads of bicycles that will run over you if you are not extremely careful.

Although two days in The Hague were not enough, we also squeezed in a half-day at nearby Delft, famous for centuries for its blue-and-white pottery.

It was Ascension Day, and the weekend celebration was widespread over the area. Food booths were everywhere, some serving delicious ice cream!

Delft has an abundance of canals, both large and small. It is the birthplace of 17th-century artist Johannes Vermeer, and he is buried there, as well.



One of numerous streams and low-water areas in The Hague, Netherlands



On the morning of the day we transferred to our ship, we had an escorted tour of the area between The Hague and Amsterdam.

We got our first (and only) look at the North Sea, where the wind was both fierce and cold, coming south over the coastline. We had an extensive tour of the canals of Amsterdam on a boat that would accommodate probably 150 passengers. However, we and one other couple, the tour guide, and the operator were the only souls on board. Plenty of room to move around.



Larry on one of the ever-present bridges across a small canal in Delft



A typical pedestrian street with sidewalk cafes and bicycles in The Hague, Netherlands

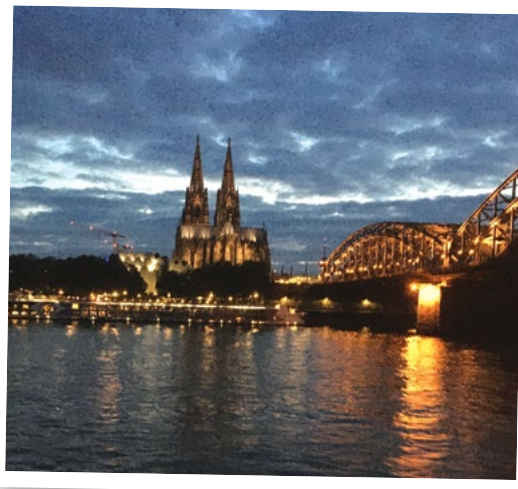
The most notable site we encountered was the Anne Frank House, which was hard to distinguish due to the large crowd of tourists waiting to enter and the tree-lined bank of the canal.

We enjoyed a walk around the crowded city, complete with numerous bicycles and riders, and ate lunch on the Rembrandt Plaza. We visited a museum in the afternoon

Continued on next page



One of the many medieval towns along the Rhine



A twilight silhouette of the Cologne Cathedral sitting alongside a strategic bridge from World War II that was destroyed and then rebuilt



One of many churches built along the canals of Amsterdam, Netherlands

and finally boarded the longship that was to be our home for the next seven days.

The first day out of port found us on our way to Kinderdijk, an area featuring well-preserved windmills that at one time provided wind power to pump water from behind the extensive network of dikes over into the North Sea.

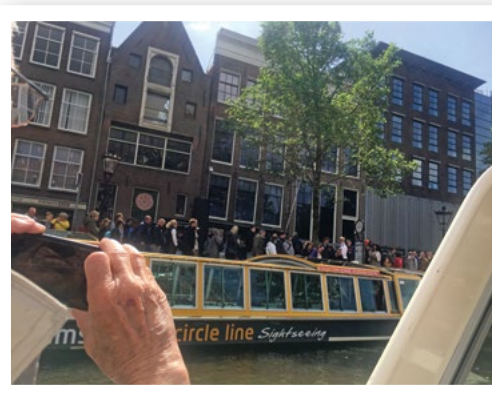
There are about 20 windmills that have been meticulously preserved, giving a first-hand look at one of the amazing engineering feats of the 14th century. The Archimedes screws (early hydraulic devices supposedly invented by the ancient Greek scientist for removing water from the hold of large ships) used at the windmills could not always pump water over the change of elevation levels required. So intermediate dikes enabled more than one windmill to pump water.

Windmill operators and their families lived in the multiple levels of the windmills, which were connected by steep stairways. Windmills are no longer used for dewatering purposes, having been replaced by electric- and diesel-powered motors.

The next day we sailed up the Rhine to Cologne, Germany.

Cologne was one of the most heavily bombed cities of Europe during World War II. A quick search on Google will show the extent of the devastation that was rained down on the city.

However, most remarkably, the Cologne Cathedral was spared any significant damage. Construction of the cathedral was started in 1248, was suspended in 1560, and was finally completed in 1880. The cathedral is so tall and development so close to it that only aerial photography can show the true size of the massive structure.



Anne Frank's house and museum complex in Amsterdam

Leaving Cologne, we sailed south to Koblenz, Germany. Koblenz is situated at the confluence of the Rhine and the Moselle rivers at what is sometimes referred to as the German Corner.

One of the most formidable fortresses ever built is Ehrenbreitstein, a massive work erected across the Rhine from the main part of Koblenz. Despite its reason for being, there was never a shot fired upon or from the fortress.

From the vantage point of the fortress is an amazing view of the rivers, Koblenz, and the terrain westward toward France. Also located at the confluence of the rivers is a statue of Emperor William I, who was responsible for unifying the many small independent states into the nation of Germany in 1871.

In the afternoon after visiting Koblenz, we cruised through the middle Rhine.

This stretch of the river features many old castles. Most of them are in some state of ruin, but several have been restored and converted into bed-and-breakfasts or hotels. All of them are in mountains high above the river and must have exquisite views of the valleys below.

This is the most scenic stretch of the river, and the beauty of the area is hard to put into words.

We stopped next at Breisach, Germany, and were bused to Colmar, France. Colmar is a beautiful Medieval town with many streets of well-preserved businesses and residences dating back to the 13th century.

Strolling through the town is an amazing experience, with extensive beautiful buildings and cobblestone streets. Audie

Murphy's heroic military actions that ultimately earned him the Congressional Medal of Honor occurred in the Colmar area. It is also the birthplace of Frederick Bartholdi, who designed the Statue of Liberty. There is a scaled-down model of the statue near the entrance to Colmar.

The areas and towns, are beautiful in their own right. But to only write about individual towns and buildings is to vastly understate the nature of the Rhine Valley.

To cruise leisurely from Amsterdam to Basel, Germany, is an experience of endless beauty, both natural and manmade. The broad river, the lowlands, the rolling hills, mountains, vineyards climbing mountainsides, churches dotting the river banks, tunnels for roads and trains, and cargo ships moving up and down the river are equal in beauty to anything we have experienced.

When I previously wrote about our cruise on the Danube, I related the problems we had getting to Prague due to a strike by air traffic controllers in Brussels.



A miniature Statue of Liberty, the original of which was designed by Bartholdi, a native of Colmar, France

This time, we breathed a sigh of relief after reaching Basel. But, oh, how mistaken that was!

Our flight to Paris and the flight from Paris to Atlanta were flawless. After we reclaimed our bags and went through customs, we rechecked our bags for the flight back to Knoxville.

Then, looking for our flight's departure gate on the airport screens, we instantly saw "CANCELED" by our Knoxville flight.

A quick trip to the customer-service gate, a long line of upset would-be flyers, an unhelpful agent, and being told it would be four days until the next flight to Knoxville with available seats, meant we had to find a car rental.

Of course, this all happened on a Friday afternoon in the busiest airport in the world at the busiest time of day during a shortage of rental cars — after being up for 24 hours on planes.

For the price of \$360 plus gas for an overnight car rental (and one event that shall remain undisclosed), we got home about midnight.

But would we do it again?

YES.

(Larry Edwards, a graduate of the University of Tennessee in Civil Engineering, had a 33-year career at TVA, beginning in 1959 and ending with his retirement in 1992. He started in the Construction division and managed various estimating and budget offices at the operating and corporate levels. At retirement, he was the Executive Secretary of the TVA Retirement System.)



Just a leisurely stroll along the sidewalks of Speyer, Germany



Another typical view capturing four aspects of the cruise: the increasingly mountainous terrain, vineyards climbing up the mountainside, centuries-old castles, and hotels that have been created from the ruins of many of them.

With Daily Exercise Plan, Healthier Life Begins at 70

Secrets of an 'Exercise Enthusiast,' now 80

By JOHN BLACKWELL

As we approached May 18, 2022, the birthday of TVA, I also thought about that date in my life 10 years earlier.

I weighed 245 pounds, with a waist of 44 inches, at 6 feet, two inches. While I had an active lifestyle working in the yard, gardening, and at the farm, I did little to get my heart rate up.

I had tried exercise routines in the past. I purchased a treadmill, very expensive with all the bells and whistles, and was faithfully exercising a few days a week. But I soon found after several attempts over the years that I could not sustain the routine.

Not only did my weight not change, my self-esteem dropped. My visit to my general practitioner brought more bad news — I was a diabetic and was put on a drug to control my weight. I did not like how the drug made me feel.

I visited my cardiologist, and he encouraged me to start a routine exercise program.

I knew I could not be successful by myself, so I found a buddy who exercised routinely. He invited me to join him at 4:15 in the morning, because he had to be at work at 6. While waking up early is a family tradition, early was not 4:15.

But I realized that if I wanted to change my life, I had to start someplace. So, I started going to exercise at 4:15!

At the end of the first day, I had several questions for my buddy. First, how many days a week do you exercise? He said only on the days you eat! Therefore, I would be exercising seven days a week.

I asked why do you change exercises from day to day? To keep your muscles "confused." At that time, I was 70 and thought it would not be hard to be confused.

As we began exercising together, we began to incorporate different exercise techniques. We tried a number of programs advertised on TV. We even considered CrossFit.

During one of our CrossFit sessions, the instructor asked me to run four 100-yard dashes and then after each run do 50 pushups. I told the instructor I had not run a 100-yard dash since 1959. I could probably do a fast walk and make an attempt at pushups.

On top of all the exercise, we were outside on pavement on a hot day in August. I decided the extreme exercises of CrossFit were not in my best interest.

As time went by, my buddy and I began to make changes in



John Blackwell

our routine, trying all the time to keep our muscles confused. We settled on a five-day routine that would exercise the major components of our bodies and increase our heart rates. Day 1 chest, Day 2 legs, Day 3 back, Day 4 shoulders, and Day 5 arms.

We added at the end of each session an ab exercise. We would alternate daily between "mountain climbers" and other ab exercises.

As we reviewed our progress, we decided to further improve our heart exercises. We started doing "planks." We began with a minute and increased the amount of time each week by 10 seconds.

I began to notice that not only did my heart rate reach levels not achieved before, my endurance in projects was much better. By this time our exercise period was 45 minutes to an hour each day. I read a number of articles that encouraged exercise three to four days a week, for a period up to 45 minutes. Further reading suggested that exercising in the morning is better.

Reflecting back on the past 10 years, there are several things I would recommend for a sustained exercise program:

1. Do not try this alone. A buddy is essential not only to have some accountability but encouragement. If you cannot find a buddy, look into enrolling in a class.
2. Realize that what you eat will reflect in your health. Watch eating anything that is white, such as white bread and sugars. I found I had to be careful about carbohydrates. I have not added any supplements to my diet, but I do take a number of vitamins daily.
3. You do not have to join a gym; you can do very beneficial exercises at home or in a motel room. Walking is very beneficial. I suggest getting your heart rate up by walking as fast as you can for 30 seconds and then walking casually for 90 seconds. Try to get up to eight repetitions. Do this every other day. On alternate days, do mountain climbers or planks. Start off slowly with your exercise program and take baby steps in increases. You can easily hurt yourself. You need to stretch your exercise goals to have growth.
4. Be determined to change your lifestyle for the benefit of yourself. For example, I do not like waking up so early, but I realize that to maintain my lifestyle, I am going to have to change.

Good luck with your adventure into improved health.

Suggested reading: A number of books written by a qualified physician and fellow exercise enthusiast are available at no cost by visiting jerrybwilliams.com.

Washington Update...continued from page 5

congressional-staff members representing different U.S. House and Senate offices.

Hot Topics in Washington

There is no rest for the weary who had been on the campaign trail — Congress was going back at it, tackling several issues during the lame-duck session.

Among matters likely to be most notable, government funding was set to run out in mid-December. Congress needed to put together and pass a massive omnibus spending package before the Dec. 16 deadline. And that was not the only “must do” item on the agenda. The Senate departed Washington at the end of September before acting on the National Defense Authorization Act, which authorizes annual funding levels and provides authorities for the U.S. military and other critical defense priorities. Debate over amendments and final passage would need to take place before the end of the 117th Congress.

While the outcome of midterm elections greatly influences the dynamic in Washington and determines remaining priorities for how Congress will spend its time, here are a number of pressing items congressional leadership likely would aim to finish over the remaining days of 2022:

- Hurricane Relief — Federal aid to help Florida recover from Hurricane Ian.
- Electoral Reform — Both chambers want to modernize the 19th-century Electoral Count Act. There is general agreement to work toward changes that would safeguard against future attempts to challenge fairly decided elections. However, Republicans aren't interested in the House version of the measure, and GOP leaders say they'll only consider passing the Senate version.
- Same-sex marriage — The House has passed a bill to protect same-sex marriage. Senate Majority Leader

Chuck Schumer (D-NY) is planning to bring up a bipartisan same-sex marriage deal after shelving the bill ahead of recess instead of risking a Republican filibuster. The bill's sponsors are betting GOP support will grow once the midterms are over.

- Taxes — Democrats want to revive the Child Tax Credit enhancement. Republicans want to revive a tax benefit for businesses that allowed them to immediately write off their research expenses. Those are just two items on a larger slate of tax breaks that could be in play in the lame duck, plus further incentives for retirement savings.
- Permitting Reform — Sen. Joe Manchin's (D-WV) energy-permitting proposals didn't survive the pre-recess scramble to fund the government. But Manchin still thinks there is a deal to be struck with Republicans (he shook hands with Senate Minority Leader Mitch McConnell [R-KY] before the break).
- Debt Limit — Raising the nation's borrowing limit also was sure to be on the table, perhaps the biggest headache for the GOP in 2023 if it gained control of one or more chambers of Congress. As is typical, the exact deadline to address the debt limit was not clear.

Washington also continued to be busy with implementation of the Inflation Reduction Act, as federal agencies work to put into place the massive programs and tax-incentive mechanisms aimed primarily at investment in healthcare and clean-energy sectors. We continue to monitor this activity for potential impacts and opportunities relevant to TVA operations, and we are working with our partners and stakeholders closely to ensure we are supporting TVA's mission and serving the best interest of the Valley.

There was much to be done before the calendar flips to 2023, and we are grateful for the opportunity to work with so many dedicated colleagues and to have the support of those of you who have previously served the Tennessee Valley Authority.

TVARA Website, Email Addresses

By RICHARD T. WILSON JR., TVARA Membership Program Manager

Have you visited the TVARA website lately? The web address is mytvara.org, and you will find information about chapter meetings, volunteer opportunities, membership, healthcare, and other news of value.

TVARA sends mass emails regarding invitations to chapter meetings and the TVA Retiree Appreciation Luncheon. It also sends electronic versions of TVARA newsletters, Dues Renewal Notices, confirmation of dues payments, surveys, and information from Retirement Services. We recommend that you check your email at least once a week.

Email Address Changes — If you recently changed your email address, would like to receive emails from TVARA, or confirm that we

have the correct email address, please email me at rtwilson@tva.gov.

Junk or Spam Folder — Sometimes we receive word a person is not receiving our emails. It may be that we don't have the correct email address, no email address, or you have unsubscribed from all emails. You may be getting our emails, but they are in your Junk or Spam folder. It is essential to check the Junk or Spam folder often. In some email systems, emails will exist in your Junk or Spam folder for a limited time (14 days), before being deleted.

Unsubscribe — If you receive an email containing an invitation to

Continued on page 16

In Memoriam

July 30, 2022 - Oct. 30, 2022

TVA Retirement Management received notifications of the deaths of the following retirees for the period July 30, 2022, through October 30, 2022, as well as other previously unreported deaths. They are listed with the date of death (and date of retirement). To report the death of a retiree, call the TVA Retirement System toll-free at 1-800-824-3870.

Allen, Patricia M.,
8/30/2022(10/17/1994)

Anderson, Bobby J.,
10/21/2022(8/2/1988)

Arnwine, Lois M.,
10/4/2022(10/1/1988)

Bailey, Dennis W.,
8/10/2022(10/1/1996)

Barclay, Mary Kate,
9/11/2022(6/20/1987)

Bean, Stephen D.,
8/18/2022(11/9/1985)

Berry, Le June,
9/19/2022(7/30/1983)

Blair, Carla G.,
9/1/2022(8/4/1987)

Blandford, Joseph E.,
10/20/2022(7/17/1999)

Boddie, John R.,
10/11/2022(10/16/1982)

Bollinger, Roger W.,
10/11/2022(11/1/1992)

Bosco, Anthony E.,
7/18/2022(12/6/2008)

Brandsma, Keith Wayne,
8/9/2022(2/2/2021)

Brown, Alvin R.,
9/18/2022(1/1/1993)

Brown, Joyce M.,
7/25/2022(6/2/2001)

Burns, William W.,
7/26/2022(5/3/2014)

Burzese, Alfred A.,
10/13/2022(5/31/1992)

Butler, John E.,
9/6/2022(10/28/1989)

Byers, William L.,
9/17/2022(9/2/1989)

Calhoun, Bobby,
10/21/2022(10/17/1994)

Camp, Herbert B.,
9/2/2022(9/12/1983)

Carney, James R.,
8/22/2022(11/16/1991)

Carpenter, John C.,
9/18/2022(10/17/1994)

Carson, Charles E.,
10/2/2022(7/7/1984)

Clark, Clifford H.,
9/25/2022(9/1/1984)

Clayton, Billy D.,
8/1/2022(5/5/1998)

Collier, Freddie L.,
10/11/2022(3/15/1994)

Cook, Dana L.,
9/6/2022(9/15/2007)

Cope, Michael E.,
10/15/2022(11/17/2012)

Crossno, Jerry L.,
9/23/2022(7/22/1989)

Driscoll, Richard F.,
9/3/2022(12/4/2001)

Dupree, John A.,
9/7/2022(10/28/1996)

Edwards, Sheila M.,
10/18/2022(3/2/1999)

Evans, Paul A.,
8/16/2022(4/9/1983)

Ezell, Larry L.,
10/6/2022(10/17/1994)

Fish, David S.,
8/23/2022(1/7/2006)

Fox, Sherman W.,
9/29/2022(4/7/2012)

Foxall, Reba A.,
8/1/2022(10/1/1996)

Freeman, Dan A.,
9/17/2022(8/29/1988)

Garner, John E.,
9/10/2022(3/4/2000)

Garner, Randy D.,
8/6/2022(1/2/2000)

Gaston, Arthur W.,
9/15/2022(8/2/1988)

Geer, Thomas W.,
8/11/2022(5/3/2003)

Glisson, Joe R.,
8/27/2022(9/9/2000)

Godfrey, Bobby,
9/2/2022(10/17/1997)

Goode, David N.,
8/11/2022(6/17/1989)

Goodman, Ruby L.,
7/14/2022(7/24/1982)

Grainger, Kenneth G.,
8/28/2022(8/12/1989)

Granstaff, Barry W.,
8/18/2022(12/28/2002)

Hancock, Marlon H.,
9/22/2022(10/29/1983)

Haney, Sherman W., Jr.,
10/15/2022(7/1/1998)

Harris, Lender B.,
10/12/2022(7/7/2009)

Heltsley, Douglas B.,
9/30/2022(1/23/2016)

Helwig, David F.,
5/16/2022(10/1/1988)

Higginbotham, Hubert T.,
7/29/2022(4/26/1992)

Hixson, Patricia B.,
9/19/2022(9/27/1997)

Hopper, Charles W.,
10/12/2022(10/17/1994)

Horn, Henry H.,
7/20/2022(6/9/1992)

Houchins, Darrell E.,
9/4/2022(10/7/2000)

House, Larry A.,
7/30/2022(6/2/2003)

Hughes, Guy R.,
10/3/2022(10/8/2003)

Jones, Shirley H.,
8/3/2022(8/3/1999)

Jordan, Sephena A.,
8/31/2022(5/9/2009)

Judd, Allen L.,
10/10/2022(10/17/1994)

Keith, Janet H.,
8/1/2022(6/25/2012)

Kiehl, Wanda Jean,
8/15/2022(8/12/2011)

King, Beverly M.,
10/6/2022(6/2/2007)

Kinniard, Clarence Keith, Jr.,
8/10/2022(1/2/2022)

Knight, Robert C.,
9/26/2022(12/17/2016)

Lake, Mary Frances,
10/20/2022(10/17/1994)

Lambert, Samuel D.,
9/2/2022(9/3/1982)

Land, Jackie F.,
8/28/2022(7/9/1994)

Lawler, Johnny W.,
10/25/2022(5/29/2004)

Leffew, Robbie F.,
8/10/2022(12/29/1992)

Logan, Dalton O.,
7/27/2022(2/20/1988)

Lokey, Jack D.,
5/10/2022(9/27/2014)

Mason, Stephen T.,
9/10/2022(1/6/2007)

Massingill, Gail S.,
9/2/2022(10/18/1992)

May, Frederick S.,
8/26/2022(7/3/2013)

Mays, David A.,
8/9/2022(10/1/1988)

McDonald, David D.,
8/27/2022(1/9/2006)

McFarland, George D.,
8/27/2022(10/17/1994)

McKissick, Anne E.,
9/3/2022(1/6/2001)

McMillin, Philip D.,
9/28/2022(8/2/1988)

Meares, Patricia A.,
8/28/2022(10/17/1994)

Montgomery, Robert A.,
10/1/2022(10/1/1988)

Moore, Bobby G.,
8/16/2022(8/2/1986)

Motes, Roger D.,
10/22/2022(9/2/2007)

Neal, Tony Tyrone,
9/28/2022(10/29/2016)

Nichols, Ralph A.,
8/7/2022(12/30/2000)

Officer, Walter E., Sr.,
8/9/2022(10/22/1994)

Offitt, George R., Jr.,
9/11/2022(1/6/2007)

Patel, Sarojchandra J.,
9/28/2022(2/7/2004)

Patrick, Lawrence E.,
9/25/2022(1/1/2001)

Paul, Raj I.,
10/6/2022(5/15/1993)

Payne, Condon E.,
8/31/2022(7/30/1988)

Perry, Paul D.,
8/25/2022(2/8/1997)

Perry, Samuel C.,
9/13/2022(6/17/2000)

Pettit, Jane M.,
8/23/2022(7/21/1999)

Petty, Michael A.,
9/11/2022(4/1/2020)

Plaster, W. Marie,
8/12/2022(2/3/2001)

Porter, Ralph L., Jr.,
8/22/2022(8/7/2004)

Readus, Rosemary U.,
10/11/2022(11/1/1997)

Reavley, Barbara S.,
7/5/2022(8/1/1988)

Reed, Lee R.,
9/11/2022(12/2/2004)

Retherford, Janice C.,
9/7/2022(5/29/2004)

Rhodes, Judy E.,
10/9/2022(3/27/2003)

Rhodes, Rex A.,
8/7/2022(6/1/1976)

Richards, C. Michael,
8/17/2022(10/12/2018)

Rittenberry, William C.,
9/11/2022(8/19/1989)

Russell, Wilburn G.,
8/29/2022(12/23/1989)

Shadrick, Melvin L.,
8/21/2022(3/2/1991)

Sherrill, John B.,
8/1/2022(3/3/2007)

Simms, Shirley D.,
7/7/2022(7/23/1994)

Simpson, Gary B.,
9/4/2022(6/4/1994)

Smith, Cecil Luther, Jr.,
8/27/2022(5/24/1988)

Smith, Harold C.,
10/12/2022(8/14/2012)

Smith, Slater B.,
8/30/2022(10/17/2005)

Snyder, Bettye M.,
8/31/2022(10/17/1994)

Sobolewski, Robert G.,
9/17/2022(1/30/1988)

Steele, Linda H.,
8/17/2022(8/2/1988)

Steigelman, Joseph S.,
8/9/2022(3/20/2004)

Stewart, Barbara M.,
9/24/2022(9/27/1997)

Stooksbury, J.B.,
9/4/2022(10/1/1988)

Stubblefield, Dalpha R.,
10/2/2022(10/3/1997)

Stults, Sammy C., Sr.,
9/16/2022(4/2/2006)

Sullivan, Michael T.,
9/20/2022(9/21/1991)

Sumerel, Earl B.,
9/7/2022(10/17/1994)

Thomas, Donald C.,
9/17/2022(7/17/1993)

Thompson, Charles H.,
10/15/2022(3/7/2006)

Thompson, Glenn R.,
9/1/2022(8/2/1988)

Thurman, Carleen B.,
8/28/2022(6/20/1987)

Travis, Wanda K.,
9/10/2022(7/3/1999)

Treppard, Patricia M.,
9/13/2022(8/28/1999)

Tucker, Troy J.,
8/7/2022(10/1/1996)

Vaden, Billy R.,
9/17/2022(11/12/2006)

Vest, Glenn E.,
9/23/2022(6/8/1991)

Walker, Mardell F.,
8/17/2022(1/3/1998)

Wall, Glenn R.,
7/23/2022(7/14/1979)

Wasson, Maurice P.,
9/27/2022(12/7/1993)

Wells, Charles H.,
8/12/2022(10/1/1988)

Whitehead, Don O.,
9/28/2022(3/29/2010)

Whitlow, Diane M.,
8/9/2022(6/2/1992)

Wilkins, Joseph E.,
10/23/2022(1/5/1985)

Williams, Thomas F.,
9/13/2022(9/10/1988)

Withrow, Jackson R.,
9/16/2022(7/24/2006)

Has Your Contact Information Changed?

Did you recently change your email address or phone number? If so, go to mytvara.org/your-current-membership-information/ and correct the appropriate data. If you have changed your home address recently, notify the TVA Retirement System in writing. Also, you can change your home address through the Bank of New York Mellon website: bnym.accessmyretirement.com.



Upcoming December 2022 Chapter Meetings

BROWNS FERRY

December 6, 2022, 12 noon

Catfish Cabin II, Athens, Ala.

- Guest Speaker: Marilyn Brown, TVARS 7th Director

David Matherly, President

256-777-2175/dcmatherly@gmail.com

CHATTANOOGA

December 6, 2022, 10 a.m.

Brainerd United Methodist Church,

Fellowship Hall,

4315 Brainerd Road

- 10 a.m. — Coffee, hot chocolate, donuts, holiday cookies, and music
- 10:30 a.m. — Program: TVA and local-school robotics demonstration; wrap Christmas gifts for Chambliss Center Children's Home

Tom Swanson, President

423-344-6892/tswanson@comcast.net

CLEVELAND

December 8, 2022, 11 a.m.

Olive Garden Restaurant

- Chapter Christmas Luncheon
- Program: TBD

John Austin, President

423-400-6098/austintnutfan@charter.net

GALLATIN

December 14, 2022, 11:45 a.m.

Gallatin Public Library

- Pot Luck Luncheon
- Christmas Carols Music Sing-Along

Ronnie "Blue" Monday, President

615-325-9473/ronniemonday@att.net

HUNTSVILLE

December 8, 2022, 10 a.m.

First Baptist Church, 600 Governors Drive,

Entrance 3 (front-left of mosaic),

Door Code 53158, Room 250

- Program: Huntsville Police Department on Safety
- Meal to follow meeting

Daniel A. Simmons, President

(256) 509-9781/dasimmon@bellsouth.net

JACKSON

December 14, 2022, 9:30 a.m.

Southwest Electric Membership Corp.,

Jackson, Tenn.

- Guest Speaker: Marilyn Brown, TVARS 7th Director

Alan Campbell, President

731-988-8814/abcjax@eplus.net

JOHNSONVILLE/CUMBERLAND

December 8, 2022, 11 a.m.

Socializing starting at 10 a.m., meeting at 11 a.m.

Country & Western Steakhouse,

Highway 641 N., Camden, Tenn.

- Program: Annual Christmas meeting; taking nominations for new officers for the chapter
- Remember to bring a nonperishable food product for the local food pantries

Mickey Blackburn, President

931-209-1352/mwblackb56@gmail.com

KINGSTON

December 5, 2022, Noon

Cracker Barrel

- Program: TBD

Marcus Melton, President

865-388-3919/mcmelton@nxs.net

KNOXVILLE

December 6, 2022, 10:30 a.m.-1 p.m.

The Foundry

- Program: TBD

Sammy Sweetland, President

256-366-0952/sdsweet62@hotmail.com

MEMPHIS

December 6, 2022, 11:30 a.m.-1:30 p.m.

Allen Fossil Plant, Civil Construction Trailer,

located on west side of plant

- Program: TVARA Board Meeting Minutes; What Is Happening with Allen Fossil Plant; Coal-Ash-Removal Status
- Lunch will be provided; please RSVP as soon as possible to David Teuton by phone or email shown below

David L. Teuton, President

901-212-3822/davidteuton@yahoo.com

MISSISSIPPI

December 13, 2022, 10:30 a.m.

TVA Customer Service Center,

3197 Brooks Road, Tupelo, Miss.

- Program: Election of 2023 chapter officers & holiday entertainment; meal will be provided after meeting

Sherry Garrett, President

662-963-3519/garrett7481@bellsouth.net

MUSCLE SHOALS

December 14, 2022, 10 a.m.

TVA Community Credit Union, Wilson Dam Road

- Program: Mark Meigs, Director, TVA Retirement Management, and Joseph Galardi, Director, TVA Benefits & Wellbeing

Timothy "Tim" Cornelius, President

256-757-5220/timwcornelius1@gmail.com

NASHVILLE

December 8, 2022, 10 a.m.

Victory Baptist Church,

1777 Tate Lane,

Mt. Juliet, Tenn.

- Annual Christmas meal

Jeff E. Gammons, President

931-729-9974/y2kunderthehill@gmail.com

NORTHEAST ALABAMA

December 13, 2022, 11 a.m.

Western Sizzlin Steakhouse,

Jasper, Tenn.

- Program: TBD

Larry Hancock, President

256-599-1383/lah35772@gmail.com

PADUCAH AREA

December 20, 2022, Noon

Pizza Inn, Joe Clifton Drive

- Guest Speaker: Mark Meigs, TVARS Executive Secretary

- Extra door prizes

Ken Dickerson, President

270-442-9539/kenneth.dickerson@comcast.net

PARADISE

December 13, 2022, 10:30 a.m.

Catfish Dock, Powderly, Ky.

- Program: TBD

Patricia E. "Pat" Cobb, President

270-338-6667/pecobb1942@att.net

UPPER EAST TENNESSEE

December 6, 2022, 11:30 a.m.

Hale Springs Inn's McKinney's Tavern,

Rogersville, Tenn.

- Buffet Luncheon \$15 per person, 60 people maximum, so reservations are MANDATORY! We will take no more reservations when we reach 60. No admittance without confirmed reservation.

To reserve, call and leave names of those planning to attend and your phone number. Call Jan at 423-914-3741, Denver at 423-587-6505, or Steve at 423-967-0006. DO NOT CALL LES (he's out of the country with his phone off).

Leslie P. "Les" Bays, President

Lpbays1@yahoo.com

WATTS BAR

No meeting for December 2022

Kathleen Garrison, President

423-365-9048/eddiekathleen@bellsouth.net

WESTERN

December 7, 2022, 10:30 a.m.

Lake Barkley State Resort Park

- Program: Election of officers; Jimmy Henson and Johnny Jones will provide entertainment
- Meat, cheese, and fruit trays will be provided

K. Renee Turnbow, President

270-205-5277/kturnbow@gmail.com

Please visit the TVARA website at mytvara.org and hover your mouse over the tab "Local Chapters" to find your chapter. Click on your chapter to view meeting details and announcements.



The Tennessee Valley Authority
Retirees Association
400 West Summit Hill Drive WT 8C-K
Knoxville, TN 37902

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**TVARA Website, Email Addresses...
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a meeting of a TVARA chapter of which you are not a member (you may have moved, for instance), do not unsubscribe but instead email me at rtwilson@tva.gov. I will change you to the chapter of your choice. Note that you will be removed from our email distribution list when you unsubscribe.

Please add the following TVARA Staff email addresses to your address book to prevent our emails from going into your Junk or Spam folder:

Reba Whitson – rjwhitson@mytvara.org
Jean Bryson – sjbryson@mytvara.org
Richard Wilson – rtwilson@mytvara.org

Dues Notices For 2023

By RICHARD T. WILSON JR., TVARA Valleywide Membership Program Manager

You will receive a Dues Renewal Notice for 2023 in the mail during the first week of January 2023 if you have not paid for 2023. You will not receive a Dues Renewal Notice if you have already paid for 2023 or beyond.

In addition to the mailed copy of the Dues Renewal Notice, you will receive a Dues Renewal Notice by email. Sending the Dues Renewal Notice by email is a new process, and, in the future, it may replace our mailing a paper copy of the Dues Renewal Notice.

The Expiration Date for your TVARA membership (and accompanying subscription to this newsletter) is above your name on the mailing label on this page.

The Dues Renewal Notice envelope has a postcard containing your Membership ID, name, address, and a return envelope. It includes a reminder to pay your dues for 2023

by submitting a check for \$15, made payable to TVARA. There is also space to provide your email address and phone number (home and cell).

You can request a membership card by enclosing a self-addressed, stamped envelope. Insert the completed postcard inside the return envelope, along with your check (do not send cash), and a self-addressed, stamped envelope, in order to receive a new membership card. If your spouse wants to become a member, include his or her name and payment with your dues.

If you have not paid in a while or wish to become a member, write a \$15 check payable to TVARA and mail it to the following address:

TVARA
400 W Summit Hill Dr
WT8 C-K
Knoxville TN 37902-9901

Civil Service Retirees also can become members of TVARA. They can write a \$15 check payable to TVARA and mail it to the above address. If you are a Civil Service Retiree and have recently changed your address, please tell Retirement Services (call toll-free at 1-800-824-3870) of the change. If you are not sure Retirement Services has your correct address, get in touch with someone there immediately.

Thank you for your continued support of the TVARA.

Paying Dues Online

Did you know you can pay your TVARA membership dues through your local bank or credit union? Please go to mytvara.org/membership/ and scroll down to **Paying TVARA Dues Online Through Your Local Bank.**