

# 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

## TVA, TVARA Celebrate TVA's 90th Anniversary

By JO ANNE LAVENDER, TVARA Valleywide President



On May 18, 2023, TVA celebrated its 90th Anniversary.

Since 1933, TVA has contributed immeasurable benefits to the Valley. From bringing electricity

to the Tennessee Valley, to improving agriculture, to enhancing natural resources, to preventing flood damage, to improving the economy, TVA has done much to improve the quality of life of Valley residents.

Currently, there are more than 18,000 TVA retirees. Every one of us played an important role in these

contributions. We have much to be proud of in our service and in the current employees' service to the Valley.

You might take a few moments to reflect on your and your team's or teams' contributions while you were at TVA.

The TVA Retirees Association partnered with TVA to identify service opportunities in the TVA counties to celebrate the 90th Anniversary by providing aid to the communities through TVA's employees and retirees.

(See Penny Walker's article on page 3 of this newsletter on the



many ways our chapter members volunteered to serve. Penny, TVARA's Volunteer Coordinator, did an outstanding job coordinating these service projects with the TVA 90th Anniversary Committee and with Bicentennial Volunteers Inc., which provided funding for some of the projects.)

Another area in which TVA is contributing to the Valley is in Community Relations.

TVA has staffs in each of the four regions (East, North, West, South) that are dedicated to Government & Community Relations. One of the

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## TVARS confident about future

By COURTNEY L. HAMMONTREE  
Lead Consultant Benefits, TVARS Retirement Operations

As of March 2023, the TVA Retirement System reports an asset estimate of \$8.5 billion.

Following a challenging market environment in 2022, assets have rebounded nearly 8% in 2023.

Portfolio diversification and efforts to dampen the asset risk have positioned the fund well for the future. TVARS remains confident that the fund is on the right path to being fully funded,

and that current and future benefit payments are secure.

For more financial information, see the 2022 TVARS Annual Report, which can be found on the TVARS website at [tvars.com](http://tvars.com).

### Bank of New York Mellon

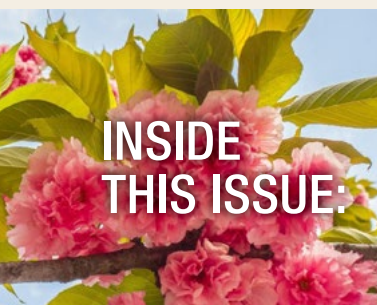
To access your monthly direct-deposit statements or annual tax forms online, visit [bnym.accessmyretirement.com](http://bnym.accessmyretirement.com)

and either log in or create an account.

On this website, you can also update your address, tax-withholding information, and direct-deposit information. For assistance, call BNY Mellon toll-free at 844-545-1256.

### Contacting TVARS

If you have any other retirement-related questions, email [tvars@tva.gov](mailto:tvars@tva.gov) or call TVARS toll-free at 800-824-3870.



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##### Retiree or Beneficiary Death Notification

Notify the TVA Retirement System  
by email or phone.

##### Fidelity 401(k) Plan

Phone: 800-354-7121

Online: [nb.fidelity.com/public/nb/tva/home](http://nb.fidelity.com/public/nb/tva/home)

##### BNY Mellon Payments

Phone: 844-545-1256

Online: [bnym.accessmyretirement.com](http://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](http://tvars.com) or [bnym.accessmyretirement.com](http://bnym.accessmyretirement.com)

##### Medical and Drug Coverage

##### Call Blue Cross Blue Shield (medical)

toll-free at 800-245-7942

##### Call Express Scripts (drug)

toll-free at 800-935-6203

##### Or call People First Solution Center

toll-free at 888-275-8094

##### Over 65? Call Via Benefits

(formerly OneExchange) toll-free  
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TVARA's Web address is [mytvara.org](http://mytvara.org);

its Facebook address is

[facebook.com/mytvara.org](https://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:

## After Action Report Complete for Winter Storm Elliott

Following one of its toughest challenges — Winter Storm Elliott in late December — TVA proactively initiated an After Action Review team to conduct a thorough assessment of what happened and why.

This team included subject-matter experts from functions and locations across TVA's organization. TVA also asked employees to provide it with immediate recommendations based on the challenges they encountered during the storm.

TVA's objective and that of every one of its 153 local power companies (LPCs) is to never interrupt power. That's what TVA strives for. During Winter Storm Elliott, TVA fell short of that objective.

Working with its LPCs across the seven-state region it serves, TVA formed a Customer Engagement Team to provide ongoing feedback to its review process. And TVA engaged a three-person Blue Ribbon Commission to provide independent perspective and insights.

The commission is made up of former U.S. Sen. Bob Corker, former American Public Power Association President Joy Ditto, and Electric Power Research Institute Chief Executive Officer Emeritus Mike Howard.

TVA took these steps first and foremost because that's the right thing to do. As a learning organization, TVA is committed to understanding and sharing lessons learned and — more importantly — implementing actions to ensure it is better prepared to manage significant events in the future.

TVA prepared and finalized an After Action Report that can be read on [tva.com](http://tva.com).

The report identifies specific actions TVA will take to ensure the reliability and resilience of its power grid and to enhance communications with LPCs and stakeholders during severe-weather events. The content demonstrates TVA's commitment not only to adapt and learn but to create an even more reliable energy system.

TVA says its commitment to pursuing innovative solutions was the organization's foundation for its first 90 years, and that same commitment is the launch pad for the next 90.

TVA is grateful for the hard work and commitment of its employees who responded in December under extreme conditions and to all of those who have supported the After Action efforts.

## TVA's Home Uplift earns ENERGY STAR

TVA has earned the 2023 Energy Efficiency/Delivery award from the U.S. Environmental Protection Agency and the U.S. Department of Energy for the Home Uplift Program, which makes free home-energy upgrades for eligible participants.

"For nearly 90 years, TVA has worked to make a positive impact on the communities we serve, and this award recognizes the efforts of our employees and partners who ensure the success of the Home Uplift Program," says Cindy Herron, TVA Vice President, Energy Services & Programs. "A lower power bill is only the beginning, because it helps ensure participants have money for essentials like medicine, food, gas, or school supplies."

In 2018, TVA retooled its energy-efficiency programs to focus on helping those struggling with a heavy energy burden. Unlike assistance in paying a power bill each month, Home Uplift focuses on making repairs that enable low-income households to meet their energy needs in the years to come.

Since 2018, TVA has invested more than \$25 million in Home Uplift and upgraded more than 4,000 homes with no-cost improvements. By upgrading homes with the latest technology, Home Uplift participants save an average of 25 percent on their monthly energy bill.

Herron says TVA is looking at "a significant expansion" of its energy-efficiency programs to help in low-income areas through Home Energy Uplift and similar programs. This year, TVA will invest an additional \$5 million in Home Uplift, which when paired with similar matching funding, enables an \$11-million investment in the program.

Each year the ENERGY STAR program honors a group of businesses and organizations that have made outstanding contributions to protecting the environment through superior energy achievements.

## Chapter volunteers support TVA in 90th Anniversary Day of Service

Members of TVA Retirees Association chapters were asked to participate last month in the TVA 90th Anniversary Day of Service by volunteering to work at a wide variety of nonprofits within the Tennessee Valley's service region.

What initially appeared to be a daunting request turned into a hugely successful response by retirees, reaching numerous counties and covering a multitude of agencies.

At presstime for this issue of TVARA News, more than a hundred retirees from 11 chapters had volunteered to

work at 39 different nonprofits on May 18, providing assistance to individuals within many of the 201 counties serviced by TVA.

The **Chattanooga chapter** came through in a big way, with 54 retirees offering to work in 23 projects ranging from staffing area food banks, building ramps, and donating blood, to cooking and cleaning at the Ronald McDonald House – just to name a few.

**Cleveland and Knoxville chapters** were set to help food pantries distribute goods and to make a monetary



donation, as well. **Mississippi and Muscle Shoals chapters** were to be involved in providing beds for children in need of a place to lay their heads at night. Not only were they going to build the beds, they were going to contribute to the purchase of

*Continued on page 16*

## Knoxville TVARA, BVI Helping Create Intergenerational Playspace in County

Legacy Parks Foundation is partnering with Humana, Hillcrest Healthcare, the TVA Retirees Association, Bicentennial Volunteers Inc., Knox County's Parks & Recreation and Health departments, and other groups and organizations to create a Playspace in east Knox County's Beverly Park.

The Playspace will include therapeutic, rehabilitative, nature, and play activities for all generations and abilities.

It will feature an ellipse-shaped central activity area surrounded by a

walking track with handrail. Inside the ellipse will be a therapeutic zone and play area including equipment both for multigenerational play and physical exercise.

The Playspace will overlook the newly added dog park and will connect to the existing paved walking loop. Park benches and a Storybook walking trail will be added to encourage users to walk the loop to read the story.



Among those attending groundbreaking ceremony for new Playspace Park in Knox County were, from left, TVARA Knoxville Chapter President Sammy Sweetland, BVI Program Manager Marka Smith, Knox County Mayor Glenn Jacobs, TVARA Knoxville Chapter Project Manager Reny McClain, BVI's Retiree Resources Corp. Board of Directors Member DeWitt Burleson, and BVI Business Support Representative Sherry Foshee.

BVI provided funding for benches along the walkway.

Officials say the entire community can benefit from the activities provided — adults with mobility and physical rehabilitation issues, active adults, families, and children can all enjoy the recreational experiences in a beautiful public space.

held April 25, with dignitaries including Knox County Mayor Glenn Jacobs participating.

Renovations are scheduled to be complete by the end of 2023.

A groundbreaking ceremony was



# Turning 65 & eligible for Medicare? Here's important reminder about health plan

By NIKOLAUS JORDAN, Benefit Consultant, Benefits & Wellbeing

As a TVA retiree approaching 65, you most likely will be eligible for Medicare coverage. About three months before your 65th birthday, you should contact your local Social Security office in order to get enrolled in Medicare.

Also, know that your TVA group-plan coverage will terminate (for you) at the end of the month before the month you turn 65.

You will, however, be eligible to enroll in healthcare coverage through a private Medicare exchange provided by Via Benefits. Via Benefits will reach out to you a year beforehand, with reminders every three months.

It's also very likely you'll be getting a good deal of advertisements from other medical plans and groups as you near your 65th birthday, as well. TVA partners with Via Benefits because TVA has found that company to offer a sizeable marketplace for Medicare-supplement insurance, with many vendors and plans available from which to choose.

Via Benefits also can help recommend plans that best meet your medical and prescription-drug needs.

## About your spouse and eligible children

When you reach your Medicare effective date and your TVA-sponsored coverage is terminated, any eligible covered dependents on the TVA-sponsored medical plan (80% plan or Consumer Directed Health Plan [CDHP]) can remain on the TVA group plan.

- If you are currently covered under a TVA-sponsored family plan with a spouse and dependents, they will continue on the family plan with the spouse as the plan's subscriber.
- If you are currently covered under a TVA-sponsored family plan with a spouse only, the spouse will be moved automatically to an individual policy under TVA's plan and become the subscriber.

## About your HSA

- If you currently have a Health Savings Account — once you are enrolled in Medicare, you will no longer be eligible to contribute to the account or receive a contribution from TVA. But you can still use any remaining funds in the account for future eligible healthcare expenses.
- If your spouse and/or an eligible dependent is participating in the TVA CDHP medical plan and wants to participate in an HSA and receive the TVA contribution, he or she must open an account with HSA Bank. See the following link: [secure.hsabank.com/tvaenroll/tva.aspx](https://secure.hsabank.com/tvaenroll/tva.aspx).

## Via Benefits not mandatory

You always have a choice in medical plans and vendors. You can enroll in a Medicare-supplement plan outside of Via Benefits; however, it's important that you know the following:

- If you are a TVA retiree — or the surviving dependent of a deceased TVA retiree — and become eligible for Medicare at age 65, and do not enroll in a medical plan through Via Benefits, you will lose any TVA-provided assistance that would have been made available to you through a Via Benefits-administered Health Reimbursement Arrangement (HRA) account.
- However, even if you enroll outside of Via Benefits, your eligible dependents can still remain on the TVA Retiree Medical plans. If you have a Healthcare Credit, it will be applied to their premium for the TVA plan.
- If the spouse of a TVA retiree does not enroll through Via Benefits when turning 65 and eligible for Medicare, the retiree's healthcare credit and/or HRA may be reduced.

Please note that the HRA relates to the Healthcare Credit that is available for some TVA retirees and shouldn't be confused with the TVARS Supplement Benefit, which is a vested benefit.

If anyone has questions or concerns, call Via Benefits toll-free at 844-620-5725 or TVA's People First Solution Center (PFSC) toll-free at 888-275-8094. Note that the PFSC would have information on the calculation of your Healthcare Credit or HRA, but Via Benefits would know more about the specific Medicare Supplement plans and cost.

## Expanded telehealth benefits now under medical plan

TVA has introduced Teladoc as its new telehealth vendor for 2023.

In addition to 24/7 access to a doctor when things such as the flu or a sinus infection come up, Teladoc offers the following:

- **Free** nutritional counseling visits with a registered dietician to help you with your weight-loss goals;
- **Free** neck- and back-care visits if you are looking for support for pain in your neck or spine;
- **Free** support to help you quit smoking or using nicotine;
- Affordable mental-health visits, including seeing psychiatrists if needed.

To schedule a visit today, log on to [BCBST.com](https://www.bcbst.com) and select Teladoc Health under Get Care.

— NIKOLAUS JORDAN



# International partnership announced on small-modular-reactor technology

By JESSICA HOGLE,  
TVA Vice President, Federal Affairs



JESSICA HOGLE

At a March 23 press event in Washington, it was announced that TVA is collaborating with GE Hitachi Nuclear Energy, Ontario Power Generation, and Synthos Green Energy to advance the global deployment of the GEH BWRX-300 small modular reactor in support of energy security and decarbonization.

By collectively investing in the development of the BWRX-300 standard design, including design for key components of the reactor, this partnership can be used to reduce risk and enable a faster and more cost-effective deployment of new nuclear technology in the United States and around the world.

TVA President/Chief Executive Officer Jeff Lyash and the heads of the three additional parties to the agreement were joined in the announcement by several industry leaders and public officials, including Kathryn Huff, Assistant Secretary of the U.S. Department of Energy's Office of Nuclear Energy; Todd Smith, Ontario Government Minister of Energy; Marek Magierowski, Ambassador of the Republic of Poland to the United States.; U.S. Sens. Bill Hagerty (R-TN), Marsha Blackburn (R-TN), and Thom Tillis (R-NC); and U.S. Rep. Chuck Fleischmann (R-TN 3rd).

The support demonstrated by congressional and administration officials reflects the TVA Washington team's ongoing efforts to educate and engage stakeholders about the importance of new nuclear technology and TVA's leadership in that area.

## Connecting Washington with the Valley

Our staff has recently had the pleasure of hosting several members of the TVA Congressional Delegation for facility tours in the Tennessee Valley. U.S. Rep. Brett Guthrie (R-KY 2nd) visited Paradise Fossil Plant, U.S. Rep. Chuck Edwards (R-NC 11th) visited Fontana Dam, and U.S. Rep. John Rose (R-TN 6th) visited Watts Bar Nuclear Plant, as well as the Clinch River Site.

We enjoy hosting our elected officials onsite to provide a firsthand look at the outstanding performance of the TVA workforce and TVA's commitment to working safely to keep the lights on.

These are also great opportunities to put TVA's asset strategy in context as we educate congressional leaders



From left, TVA Chief External Relations Officer Jeannette Mills, TVA General Counsel David Fountain, and U.S. Rep. Chuck Edwards visit with Fontana Dam personnel during the congressman's recent tour hosted by Federal Affairs.

on our plans to help meet the increasing demand of the Tennessee Valley region by building the energy system of the future.

## New TVA Team To Assess, Leverage Federal Funding Opportunities

As TVA continues to monitor implementation of the Infrastructure Investment and Jobs Act and Inflation Reduction Act, a project-management office has been established within TVA to focus on analyzing these recent federal spending packages and their implementation guidance for opportunities available to TVA and its customers and partners.

This new group, led by Vice President Cindy Herron, will use a structured approach to prioritize grants and optimize resource allocation. It will proactively identify potential projects and communicate with customers and other partners to draft and submit competitive grant applications. The creation of this office signals TVA's active role in ensuring that the Valley is a viable and competitive investment for federal funds to help drive TVA's strategic priorities in the years to come.

## Amplifying Customer Visits to Capitol Hill

The TVA Federal Affairs team, along with TVA executive and Board of Director leadership, enjoyed hosting local power

*Continued on page 12*

Back to barefoot days

# Summertime & finding fun is easy across Tennessee River Valley

By JULIE GRAHAM & MARK ENGLER, Explore Tennessee River Valley

Spring gets great acclaim as the time of rebirth and new beginnings, but summers in the Tennessee River Valley are what we truly treasure as the season of youth. No other time of year so readily conjures up remembrances of seemingly endless carefree days and lazy escapes from the recurrent grinds of grown-up life and responsibilities.

Summer is a time to play, a time to explore, a time to repose in the shade of a deep porch, listening to the elders recount the stories of their own youth.

Fireflies in jelly jars, simmering heat shimmering off the blacktop, cooling afternoon thunderstorms, warm juicy tomatoes just off the vines, ice-cold watermelon from the cooler and a bracing plunge in a creek-fed swimming hole — these are images that punctuate our summer memories and forever evoke our senses of innocence and serenity.

Summer's pink-hued sunrises, deep-blue afternoon skies, followed by the twinkling of stars in the inky-black night skies were the backdrop of early-morning fishing trips, days lounging at the lake, and the quiet murmur of friendly talk, retold tales, and cherished moments shared with wide-eyed children around a crackling campfire.

When we were young, each day was a gift of opportunity, and in the Valley of the Tennessee River, the gifts of summer opportunity are still as endless as the great basin's woods, water lines, and wonderful scenery.

## Down-on-the-Farm Downtowns

Summer is a time to enjoy the burgeoning bounty of the land, and in the Tennessee Valley you don't have to spend your days working the Back Forty to enjoy the fruits (and vegetables) of farm life's labors of love.

There is no better way to acquire a taste of summer's harvest of solar-powered foods — and at the same time help fuel sustainable agriculture and wholesome country lifestyles — than by patronizing a local farmers market or roadside produce stand. Farmers markets don't just provide healthy, local foods to consumers in their communities, they help promote improved nutrition and increase awareness of healthy diet.

Each of the seven states that comprise the Tennessee River and its watershed boasts a deep and rich agriculture tradition that remains vital to society at large.

Not only do farmers markets provide smaller-scale crop-growers and meat-raisers with alternative opportunities to sell their most basic products directly to the public, they provide commercial venues for bringing value-added products like salsa, jams, and jellies directly to the consumer at a centralized location with other farmers. Check websites of state departments of agriculture for lists of farmers markets near you.

Here's a summer bumper crop of warmly embraced happenings to celebrate in this part of the country:

## JUNE

**June 3: MooFest — Athens, Tenn.** Celebrate milk industry in Mayfield Dairy's hometown. Daylong celebration offers so many things to see, do, buy, eat, craft vendors, live ag activities, the Athens Soap Box Derby, special bovine guests, live entertainment, and Mayfield Dairy contests for the young and old alike.

**June 9-10: Popcorn Sutton Festival — Newport, Tenn.** Honoring the life and legend of Southern Appalachia's most famous bootlegger. Gates open at 3 p.m. on Friday, June 9, and 11 a.m. on Saturday, June 10.

**June 17-18: Roan Mountain Rhododendron Festival — Roan Mountain, Tenn.**

Two-day celebration to memorialize and perpetuate the most gorgeous display of natural beauty on the North American continent. Features handmade crafts, food, and a variety of traditional music, plus an array of old-time folkway demonstrations.

**June 24-25: Hydrofest — Lake Guntersville, Ala.**

The South is known for fast cars and famous racetracks. What about fast boats and famous water? Come to Alabama's largest lake to watch the fastest boats in the world roar around a watercourse at speeds of 200 mph. H1 Unlimiteds, Grand Prixs, and the Pro Lites. Winning racers take home the Southern Cup.



## JULY

**July 4: Anvil Shoot at Museum of Appalachia — Norris, Tenn.** Watch gunpowder-blasted launch of 200-pound anvil high into Tennessee sky. Before widespread availability of fireworks, “anvil shooting” was a common way for frontier pioneers to celebrate special events. This backwoods-inspired Independence Day celebration includes bell-ringing ceremony, flag procession, old-fashioned games, music, and demonstrations from blacksmiths, beekeepers, patriotic re-enactors, and woodworkers.

**July 7-16: Gatlinburg Craftsmen’s Fair — Gatlinburg, Tenn.** Art-, crafts-, and music-lovers will find more than 200 booths featuring some of the nation’s finest work. Artisans and craftspeople are on hand to demonstrate their skill, answer questions, and offer their unique art for sale. Enjoy live country & bluegrass entertainment at the Gatlinburg Convention Center.

**July 21-30: Virginia Highlands Festival — Abingdon, Va.** For more than seven decades this Abingdon event has been going strong — and it was voted “Best Art Show in Region” by Virginia Living Magazine readers in 2019. This year’s nearby featured outdoor play spot is Southwest Virginia’s new Clinch River State Park.

**July 21-30: WC Handy Festival — Tuscumbia, Ala.** Honor the memory of Florence native musician W.C. Handy, known internationally as “The Father of the Blues,” and pay tribute to the legacy and contributions of Muscle Shoals-area music. This 10-day family-friendly festival offers a variety of events including live musical performances, street parties, art exhibits, and more.

**July 23: Grainger County Tomato Festival — Rutledge, Tenn.** The 30th anniversary of special festival to promote famous Grainger County Tomatoes. Roll on into Rutledge to savor a vine-ripened slice of rural Appalachian life at one of the largest free festivals in East Tennessee and one of the top agriculture-themed fiestas in the United States.



## AUGUST

**Aug 3-6: World’s Longest Yard Sale —** Bargain shopping has never been as scenic as this 690-mile road trip. Annual four-day event that takes place every August and draws hundreds of thousands of shoppers and vendors. The 690-mile route passes through six states, including Michigan, Ohio, Kentucky, Tennessee, Georgia, and Alabama.

**Aug. 4-5: Piney Chapel American Farm Heritage Days — Decatur, Ala.** Two-day tribute to the farming heritage of

Limestone County. One of North Alabama’s largest antique engine and tractor shows. Take a leisurely tour of the Good Ol’ Days with activities including a scenic 20-mile tractor ride, fun and games, and much toe-tapping music.

**Aug. 18-19: Franklin County Watermelon Festival — Russellville, Ala.** If you’re the Watermelon Capital of Alabama, the hottest time of year is also the sweetest. This succulent family event in Russellville offers two days of nonstop music, tasty festival foods, contests, and entertainment, including a pageant, arts & crafts, 5K run, antique car/truck show, tractor show — and some free watermelon, of course.

**Aug. 19: Great Smoky Mountain Balloon Festival — Townsend, Tenn.** Townsend is the site of this fourth annual summertime spectacle, featuring a colorfully dazzling array of professional hot-air balloonists setting the evening sky aglow against the backdrop of breathtaking mountain scenery and a Tennessee sunset.



**Aug. 19: British Car Show Historic Rugby — Rugby, Tenn.** What better place for a British Car & Bike Show than a Victorian English village on the Cumberland Plateau? Got a British car or motorbike? You can enter it. Also included in the jolly world festivities is a tea-table-setting contest.

**Aug. 18-19: 27th Annual Kiwanis Rodeo — Blue Ridge, N.C.** Professional rodeo cowboys and cowgirls compete in a variety of events, including bull-riding. Pro rodeo clown keeps bovines snorting, cowboys safe, and crowds laughing. All of the events are family friendly and enjoyed by all ages.

**Aug. 25-26: BBQ Battle & Music Fest — Saltillo, Tenn.** Game on for grill masters! Held in conjunction with Saltillo River Day on the bank of the beautiful Tennessee River. Brings together hardcore hardwood coal-stokers and meat-smokers from across the Tennessee River Valley and beyond. Competition will be stiff, but the ribs tender. More than \$14,000 will be up for grabs in a battle for Grand Champion!

Visit [tennesseerivervalleygeotourism.org](https://www.tennesseerivervalleygeotourism.org) to learn more about these outdoor summer events and other geotourism opportunities and find out what makes this region a National Geographic Destination. With our interactive map, you can save trip ideas and create your own trip plans to see places around the region. It’s time for you to share your stories and start some new ones!

# Egypt

*A whirlwind tour  
spanning hundreds  
of miles & thousands  
of years*

By CHARLES VAN BEKE

## **HOW DID THEY DO THAT?**

Yes, spending three weeks in Egypt will have you repeating that question again and again every day.

In September 2022, my wife, Sherry, and I traveled Egypt from the Mediterranean Sea on the north to within 40 miles of the border with Sudan on the south.

It's a country representing 5,000 years of civilized human history.

Those folks were engineers, builders, artists, and storytellers. And the Nile River, well, as the saying goes, "Egypt is the gift of the Nile." Without the Nile, there would be no Egypt.

Even today, new communities are being created and thousands of acres of desert are being farmed, because of canals being dug inland from the Nile.



Sherry and Charles Van Beke with their tour guide, Iliia.

The river is more than 4,000 miles long and traverses 11 countries. Of course, disputes exist over water usage. A large new dam is being constructed by Ethiopia on the Blue Nile, a dam that, I understand, Egypt has threatened to bomb because of the adverse impact it will have on the flow of the Nile.

Okay, enough of that.

When I tell people about our visit to Egypt, the first question every single time is some variant of "Is it safe to go there?"

My response is a resounding "YES!"

Never, not once, did we feel threatened or even think about safety. Perhaps that was due in part to the ever-present but largely unobtrusive private and military security there.

Every time we boarded our bus, there was a fellow in a black suit with a large bulge on his hip under his suit jacket.

Every major intersection had a military presence.

To enter our hotels, we passed through a metal detector and had our bags checked.

(Admittedly, however, it was a pretty perfunctory "search.")

There have been no serious breaches of security or any violence for the better part of the past decade, thanks to the authoritarian military government that has suppressed the Islamic militants after ousting them from power in 2013.

All right, religion. For centuries after Christ, Christianity was the predominant religion in Egypt, and Coptic Christians today





constitute about 10-12 percent of Egypt's population of about 109 million.

Since the seventh century, there has been a fraught relationship among Christians, Muslims, and various but not all governments that were in power. When Islam swept through the Middle East and across North Africa in the seventh century, Christians were given the choice of conversion or paying taxes. If you refused to take one of those choices, execution or exile followed.

Since the military took power in 2013, the Coptics have lived in peace. The man who was our guide/trip-leader/companion, Ilia, is Coptic and a university-educated Egyptologist, super intelligent, organized, and a really nice guy.

He, his wife, and their son left Egypt during the time the country was ruled by the Muslim Brotherhood, because life was difficult for them. They now live in a suburb of Toronto, which has the largest Coptic community in North America, and he commutes to Egypt for the busy tourist season (or when his wife suggests it is time for him to take a short visit to Egypt).

Luckily for Ilia, they still own an apartment in Cairo.

He was born and raised in Luxor, and he kids that it is an easier commute from Toronto to Cairo than taking the train from Luxor to Cairo, which he did as a university student.

I guess by now you want to hear about our actual trip. It's just too easy for me to get sidetracked by history, politics, and culture.

But first, some tips for packing for a trip abroad.



The modern Coptic Orthodox Monastery of Saint Pishoy at Wadi Natrun, Beheira

Always carry a small backpack with a few days' necessities, you know, medications, toiletries, a set of underwear, socks, and shirt. An example of why: Our luggage arrived at our hotel in Cairo three days after we did. Happily, we had followed our own backpack rule. Sherry, however, did splurge by buying two very nice and comfortable Egyptian cotton shirts in the hotel store, six U.S. dollars each.

We also each packed a small suitcase with drip-dry shirts, shorts, underwear, and socks. Others in our travel group carried as many as two huge suitcases. Through lots of experience, we were content to wash the day's clothes in our room and dry them on our balcony. With near-zero humidity, we never had wet or even damp clothes.

Currency. The Egyptian pound is equal to about \$0.03 USD, so don't be surprised by getting bills in Egyptian pounds that appeared to be huge. I carried one-dollar bills for tips. Talk about appreciated!

Okay — I know you are still waiting for details about our actual sightseeing, so here we go.

Our three weeks were broken up into thirds — the first week in Cairo and day trips from that city, the second on the Nile on the Overseas Adventure Travel 75-passenger cruise ship Nefertiti, and the third back to Cairo, the Pyramids and Sphinx, and on to Alexandria to tour Greek and Roman ruins on the Mediterranean coast.

Our hotel in Cairo was five-star. Our room was on the 17th floor, overlooking the Nile. While not touring, we spent time relaxing on our balcony, especially in the evenings when Cairo and the Nile were lit up. We could even see the tip tops of the three great Pyramids of Giza.

On, don't be put off by the size of our travel group. The 60 of us were actually three groups of 17-22 travelers. We were together for breakfast and dinner, but otherwise traveled and toured separately, each group with its own guide, bus, and schedule.

While our guidebook always noted "dinner on your own," that never happened except for a few folks once in a while. That was

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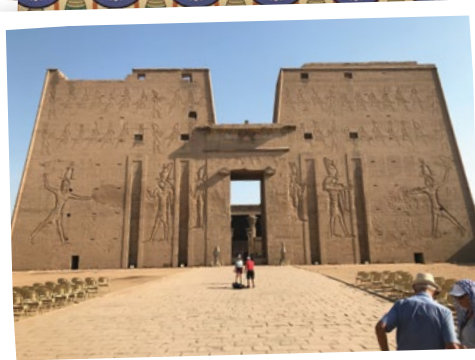


The Crocodile Museum located near the Kom Ombo temple features 22 crocodile mummies — the crocodile was worshiped through ancient Egyptian deity Sobek (far right in adjacent photo), the god of water who fertilized the soil.





Columns and ceiling in the tomb of Ramses V and VI in Valley of the Kings on the West Bank of Luxor, Egypt



The Temple of Horus in Edfu, Upper Egypt



Charles at earliest colossal stone building in Egypt, the Step Pyramid of Djoser, an archaeological site in the Saqqara necropolis

because every day ended with an open wine/ beer bar with copious amounts of appetizers and bite-sized desserts.

Breakfasts were always large buffets, followed by large lunches, in local restaurants. Be prepared to gain a few pounds on this trip.

My only sort-of complaint was that they had try to please everyone, and some travelers just don't want local fare. Conversely, I am always happy to eat what the locals eat. Yummy.

So, anyhow, they tried to balance the meals.

One evening in Cairo, we split into groups of five or six travelers to eat with local families. Our family hosts that night were unmarried twin sisters who were Coptic Christians and who had been educated in Catholic schools. They spoke perfect unaccented American English and treated us to a delightful evening of food and conversation.

Another evening featured a discussion between two young Muslim women about whether to wear a headscarf. One of

them did, and one didn't. The choice was totally theirs, they said. No stigma either way.

Urban Egypt is very, very Western in most ways. One of the guides said his teenage daughter told him she had decided to wear a scarf, to which he replied, "That's fine, but I wish you covered up a bit more of your body when you wear your bathing suit."

That first week in Cairo, we visited the famed National Museum, toured Cairo by bus and foot, and took a couple of day trips. One of them was to the ancient capital and very important city of Memphis (not to be confused with our Memphis on the Mississippi River).

While Memphis was the first capital of the unified Upper and Lower Egypt 4,000 or 5,000 years ago, its importance ebbed and flowed over the millennia so that its many temples and palaces fell into disrepair and were quarried for their building stones. Not much remains today except for a gigantic statue of Ramses II, who ruled for 66 years, and a sizable sphinx (but not The Sphinx, of which we all have seen photos since our elementary-school years).

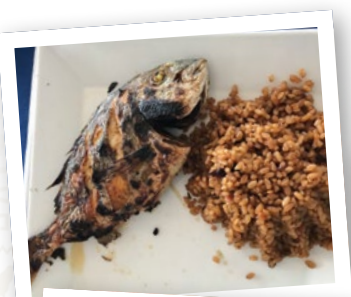
Much, much more interesting was the city of Saqqara, not far from Memphis and Cairo, and its tombs, not of pharaohs but of high governmental officials, and the remains of relatively small pyramids.

These tombs were unearthed recently. Their walls are totally adorned with hieroglyphic art work that reveals the day-to-day life of the ancient Egyptians. The colors are spectacular and the craftsmanship exquisite.

What a treat, especially with our guide who could interpret everything.

On the same site is the largest ancient stone structure on Earth, the Step Pyramid, a couple of thousand years older than the Pyramids of Giza, with which we all are familiar. This pyramid is open to explore, but watch your head!

The burial chamber itself is deep inside and 60 feet below



One of the most enjoyable aspects of the trip was the delicious and varied food that greeted the Van Bekes at every meal.



ground level. Not relishing the idea of the climb back up, we did not go down the 60 feet of steep steps.

The second week was clearly our favorite — seven days on the good ship Nefertiti from Luxor to Aswan.

To give you a hint of the size of Egypt, we flew from Cairo to Luxor straight down the Nile, because by train it takes 10-12 hours.

Luxor itself is on everyone's must-visit list for good reason. Present-day Luxor is on the site of the ancient capital city of Thebes, historically perhaps the most important city for several thousand years.

In Thebes each successive pharaoh outdid his or her predecessor in building, enhancing, or expanding the temples of predecessors so that the Temple of Luxor and the Temple of Karnak are actually complexes of temples. Visit by day and night to be stunned by number and heights of the statues, the columns, the artwork, and, you know, everything.

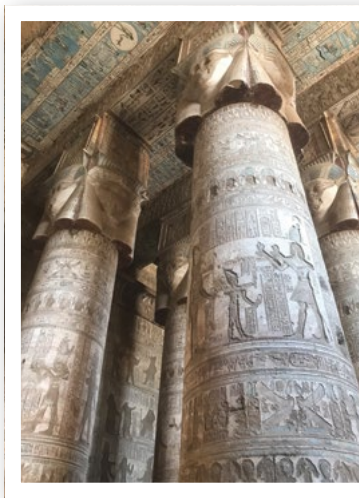
Noteworthy, also, is the mile-long walkway connecting the Luxor and Karnak temples. Think of a mile of bull-size sphinxes on each side and only a few yards apart.

Sherry absolutely loved this site. A sphinx has the body of a lion with, most commonly, a human head signifying the pharaoh's power and intellect as to say, "Listen up folks — don't fool with me!"

Very early one morning we took a sunrise balloon ride over Luxor. Unfortunately, that morning the prevailing winds did not cooperate and took us over city and farm but not the temples. We were very disappointed.



Sherry in front of The Great Temple of Ramses II at Abu Simbel, Aswan, Egypt



Gigantic columns in the Temple of Hathor, located in the Dendera Temple Complex

by other historic sites (the Temple of Hathor was not to be missed), watched children frolicking in the river, and saw fishermen at work. Some fishermen hung onto our ship's ropes, so as to take advantage of our wake and save their own fuel.

One day we crossed the river on a small outboard motorboat and spent several hours with a farm family. Probably the very, very best meal of the entire trip. Our host, who said he loved learning English in school, told us of his family, farm, and village life. His hobby and a source of income was building beautiful and functional furniture without nails, screws, or glue, just like his father did. His only tool was his father's machete-type knife.

He also regaled us with humorous stories of taking his mother and other older ladies of the village on two trips to Mecca for the Hajj. What a delightful fellow, family, and day-in-the-life experience.

In this part of Egypt, it was about 108 degrees each day we were there. But not bad at all because of the aforementioned near-zero humidity.

Our farmer friend recalled that the last rain was about 20 years ago. So how did he water his animals and fields? Pumps — and the Nile.

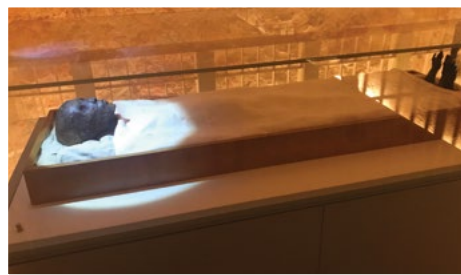
Another day we sailed on a felluca, the traditional Nile sailboat with one or two triangular sails set on a 45-degree angle (lateen sails). And on and on, every day a new experience, from the Temple of Kom Ombo to the museum dedicated to the crocodile god, Sobek, where we viewed lots of mummified crocs. Since the Aswan Dam was built, there have not been any crocodiles on the lower Nile.

Sadly, but understandably, some of the temples were defaced and vandalized during the Christian era, when they were used as churches and ancient/traditional gods and goddesses were no longer worshipped.

But I digress.

Aswan is the site of the modern Aswan High Dam and Lake Nasser, but, more importantly for our purposes, an ancient city of many significant archeological sites.

Then a four-hour bus ride to Abu Simbel to visit the two temples built by Ramses II, one



The famous mummy of King Tutankhamun in the Valley of the Kings

*Continued on next page*

to his own glory as ruler and warrior, and the other to show his love for his favorite wife, Nefertari. An amazing site indeed.

The entire site was moved with painstaking care to prevent its inundation by Lake Nasser. The monumental statuary, walls covered with art and hieroglyphic stories, likewise the columns and everything else. Egads!

Of significant interest was learning that these two temples, unlike any others, were carved into solid rock. That means, for example, the columns were not built offsite and installed but were part of the mountain itself. Once more, like every experience on this trip, you are amazed by the engineering, craftsmanship, and artisanship of this ancient people.

I've probably used up all my allocated space and words, and we have not even started our third week in Giza (the Great Pyramids) and the Greco-Roman ruins (including catacombs and an amphitheater) and the modern library of Alexandria on the Mediterranean (another must visit). As for the Pyramids, apart from their size, they might be the least-interesting part of the trip, except for learning that in their original condition they were pretty smooth-sided (see the top of the Great Pyramid in photos) but were used as quarries for several thousand years.

But nearby, The Sphinx. To see it up close and walk around it. Impressive. Did you know it even has a tail?

The tombs in the Valley of the Kings also are exquisitely decorated. King Tut's tomb even includes the glass-encased actual body of King Tut, which is quite a contrast to the funeral mask and regalia we have all seen in museums and photos.

Again, the tombs were buried in sand for thousands of years,

and now to view how ornately decorated they are is amazing.

A fascinating subject is the religion and the numerous gods and goddesses of the ancients. My theory is that each was created to explain what was then unexplainable. For example, the goddess Mut (mother) swallowed the sun (Ra) each evening and re-birthed him every morning. The gods and goddesses also exhibited human characteristics, personalities, jealousies, foibles, and the like. I loved seeing the stories in the hieroglyphic artwork in the many temples we visited. Again, thank goodness for Iliia — what a resource!

Oh, the Pharaoh Akhenaten combined the attributes of all the deities into one god, Aten, and called for peace and religious tolerance. Unfortunately, he only ruled for 18 years.

What I have written here just scratches the surface. (Didn't even tell you about the female belly dancer and the handsome fully-clothed crew member who entertained us all with his belly dancing.)

I hope I have whetted your curiosity and your desire to explore more of our human-history. Egypt.

Do It Now!

By the way, as mentioned earlier, we traveled with Overseas Adventure Travel (OATTravel.com), which we have found to be superb in all regards and very reasonably priced. We also went at the very beginning of the high tourist season (September), so the crowds were minimal.

*After 22 years of service, Charles Van Beke retired from TVA in 1988 as Assistant General Counsel-Complex Litigation. Sherry Van Beke retired from TVA in 2002 after 30 years of service in the Office of the General Counsel.*

#### Washington Update...continued from page 5

company leaders in Washington this spring in conjunction with customer-association legislative rallies.

We hosted a reception in February during the American Public Power Association rally, where U.S. Rep. Fleischmann delivered remarks that highlighted our working relationship with him and his staff. The 115 attendees included staffers from about 10 additional delegation offices, as well as staff of congressional committees of TVA's jurisdiction.

In April, we hosted a similar reception with customers and delegation staff during the National Rural Electric Cooperative Association's rally.

These events are valuable opportunities to expand on conversations between Capitol Hill stakeholders and Valley public-power members to ensure that the interests of the people and communities we serve together are well understood among policymakers.

#### Celebrating TVA's 90th Anniversary

As the deadline for this issue of *TVARA News* approached, our staff was making plans to celebrate TVA's 90th Anniversary with our Washington stakeholders in appropriate fashion. On the anniversary of President Franklin D. Roosevelt's signing the TVA Act in 1933, we were preparing to host TVA Congressional Delegation members and staff, as well as industry partners from across D.C., to mark this historic milestone and thank them for eight decades of partnership in service.

The Federal Affairs team also was joining a Valleywide employee Day of Service from our satellite location in the spirit of service to our own local community. We planned to spend the day volunteering with Rock Creek Park Conservancy in D.C., removing invasive plant species and cleaning up litter in the creek watershed. That would support TVA's mission of environmental stewardship everywhere, even outside the Valley!

We look forward to sharing pictures in the next issue.

# Former TVA co-workers remember retiree By CHARLES HILL

I retired from the Allen Fossil Plant in 2003 after 27 years of dedicated service to TVA.

During those years, I was honored to become the first African-American Shift Supervisor at Allen. I loved time with TVA and truly count myself blessed to have done the work and to have been a part of the TVA community.

In August of 2022, I had a partial amputation of my left leg. During my surgery, hospital stay, and the ongoing recovery time and therapy time following surgery, I received an overwhelming number of visits, calls, and texts of encouragement, appreciation, and prayer from former co-workers. I genuinely felt the love and admiration, and I knew I had not been forgotten by my TVA family.

Beyond those visits, calls, and texts, I received a surprise gift in December of 2022 — something I appreciated for a number of reasons.

It was a warm and decorative blanket from two Combined Cycle Operations Technicians, Cassidy Chandler in Southaven and Katrena Bolton-Parnell at Allen. This blanket was beautiful, featuring cloth reproductions of photos of me and my family.

Once again, it was nice to be remembered by those I had trained and mentored.

And the support did not stop there!

In February of 2023, I got a mobile chair to assist in my recovery before my fitting for my prosthetic leg.

That's when a group of TVA team members from the now-closed Allen



CHARLES HILL

Plant (D4 Field Technician Christopher Taylor (who is retired), D4 Supervisor Joel Rojas, Leadman Elisandro Ortiz, and Asbestos Workers Daniel Ortiz and Pablo Corniel) surprised me again.

How? They came together on their day off and built an accessible ramp for me.

This ramp was placed at the home where my 94-year-old mother is staying, making it possible for me to be able to visit her and reassure her that I am recovering nicely. What a blessing!

I would like to say thanks to all these folks and to all the TVA team members, annual, retired, and contractors, who continue to remember me and other TVA retirees like me.



Cassidy Chandler (left) and Katrena Bolton-Parnell and the blanket they made for their former mentor, Charles Hill

Five former co-workers built a ramp so then-wheelchair-bound Hill could visit his mother. They included, clockwise from left at top, Elisandro Ortiz, Daniel Ortiz, Pablo Corniel, Joel Rojas, and Christopher Taylor.

## TVA, TVARA Celebrate TVA's 90th Anniversary...continued from page 1

major focus areas of these staffs is to partner with their respective communities on projects that would improve the quality of life of local residents.

These staffs have made financial and volunteer contributions toward these efforts. They want to partner with TVARA retirees and BVI to identify and deliver projects that would contribute still more to the communities. TVA employees and

groups also can be involved in these projects.

In March and April, the four TVA regional offices sponsored meetings with TVARA officers and chapter officers and BVI to identify projects we could do jointly in the future.

The regional staffs and TVARA chapters and BVI will work together to identify and implement these projects.

Many of the projects or activities identified so far include volunteer opportunities. You will be notified of service volunteer opportunities in your area as they arise. I am very proud of the many ways our retirees serve in their communities.

If you have an idea for a service project that would be good for your community, please speak to any of your chapter officers, TVARA officers, or Penny Walker (423-413-7137).

# In Memoriam

January 30 - April 30, 2023

TVA Retirement Management received notifications of the deaths of the following retirees for the period January 30, 2023, through April 30, 2023, 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 800-824-3870.

**Adams, Elizabeth J.**,  
4/15/2023(10/17/1994)

**Armes, Gerilda M.**,  
2/19/2023(10/2/2004)

**Armstrong, Jack D.**,  
4/19/2023(6/5/1999)

**Assayag, Philippe**,  
4/1/2023(1/5/2008)

**Austin, Edward N.**,  
2/3/2023(10/17/1994)

**Barbee, Mac Arthur**,  
3/4/2023(6/3/2006)

**Barker, David L.**,  
4/5/2023(10/11/1988)

**Baxter, Jerry D.**,  
4/13/2023(6/2/2009)

**Bell, Barry O.**,  
3/1/2023(5/28/2004)

**Bell, Rebecca N.**,  
3/26/2023(6/27/1989)

**Berube, Richard E.**,  
3/3/2023(1/5/2008)

**Bise, Ella Mae**,  
2/23/2023(10/1/1985)

**Borden, Cline R.**,  
1/31/2023(5/2/2003)

**Boyd, Paul D.**,  
2/18/2023(2/12/2011)

**Bradford, Frank T.**,  
2/16/2023(9/6/2014)

**Brantley, Gerald G.**,  
2/19/2023(10/17/1994)

**Brooks, Jerry F.**,  
4/18/2023(11/10/2005)

**Brown, Charles R.**,  
1/26/2023(12/11/2004)

**Bullock, Marilee Burton**,  
2/2/2023(7/15/1993)

**Callahan, Stanley W.**,  
4/8/2023(9/18/2007)

**Christie, Robert F., Jr.**,  
2/4/2023(6/10/1989)

**Clapp, Richard E.**,  
4/24/2023(8/3/1999)

**Clem, Earl L.**,  
3/5/2023(8/2/1997)

**Cline, John F.**,  
1/25/2023(1/7/2006)

**Collier, Kenneth W.**,  
4/13/2023(10/3/2000)

**Copeland, C. Henry**,  
3/6/2023(12/22/2009)

**Couillens, Howard R.**,  
2/17/2023(7/29/1989)

**Cradic, Ulysses Edward**,  
4/17/2023(12/2/2003)

**Culp, John E.**,  
4/14/2023(8/7/1993)

**Daniels, F. Gregory, Jr.**,  
4/14/2023(9/27/2003)

**Davis, Beverly A.**,  
2/10/2023(12/30/2000)

**Downey, James P.**,  
3/29/2023(10/17/1994)

**Estes, William E., III**,  
1/31/2023(10/1/1996)

**Evans, Hugh C.**,  
3/5/2023(6/2/1999)

**Fairfax, Edward**,  
8/3/2022(9/9/1989)

**Fiveash, Donald E.**,  
3/8/2023(8/1/1987)

**Flemings, John A.**,  
1/4/2023(11/1/1990)

**Flynn, Floyd E.**,  
1/30/2023(12/12/1992)

**Fontana, Sue J.**,  
12/6/2021(12/6/1997)

**Fouts, Orvil D.**,  
3/4/2023(7/26/2004)

**French, Joe M.**,  
2/1/2023(10/17/1994)

**Furr, Melvin K.**,  
2/26/2023(1/1/1999)

**Gibbs, Douglas W.**,  
4/14/2023(2/27/1999)

**Gillingham, Richard G.**,  
3/19/2023(9/30/2006)

**Green, W. T.**,  
3/29/2023(1/1/1993)

**Guffey, William G.**,  
3/3/2023(3/23/1991)

**Guthrie, Aaron J.**,  
4/7/2023(10/16/1994)

**Hackney, Ruth M.**,  
11/1/2022(2/16/1987)

**Hall, Eugene**,  
3/23/2023(10/17/1994)

**Harmon, John M., III**,  
2/15/2023(1/31/1989)

**Healy, James R.**,  
3/18/2023(11/29/1997)

**Hill, Betty T.**,  
4/13/2023(7/3/1993)

**Hinton, Johnny E.**,  
4/6/2023(1/7/2006)

**Hooper, Leonard L.**,  
3/17/2023(8/13/1999)

**Hughes, Herbert H.**,  
4/22/2023(10/7/2003)

**Hyde, Ray D.**,  
3/12/2023(12/12/1997)

**Johnson, Dale**,  
3/25/2023(1/10/2004)

**Johnson, Houston L.**,  
1/28/2023(8/1/1988)

**Kelly, Cordie M.**,  
2/2/2023(10/1/2004)

**Kennedy, Howard L.**,  
4/12/2023(11/1/1986)

**Key, Jesse E.**,  
2/1/2023(3/29/1992)

**Kidd, H. Donald, Jr.**,  
1/11/2023(11/30/1991)

**Kimsey, James L.**,  
3/3/2023(1/8/2005)

**Koger, Vera W.**,  
4/11/2023(7/13/1991)

**Lambert, Melvin**,  
4/19/2023(10/17/1994)

**Ledsinger, Jerry W.**,  
4/20/2023(2/3/2018)

**Leech, George W.**,  
3/26/2023(1/3/1987)

**Leffew, Dolores B.**,  
2/9/2023(8/1/2009)

**Lewan, Frederick H., IV**,  
1/25/2023(12/3/2009)

**Lindsey, Alvin**,  
4/8/2023(9/27/1997)

**Lippincott, Charles P.**,  
3/13/2023(10/17/1994)

**Livingston, James E.**,  
3/3/2023(11/15/1991)

**Lovelady, Mona E.**,  
1/25/2023(10/13/1990)

**Lowery, Vernon W.**,  
2/22/2023(3/26/2002)

**Lupardus, W. Gary**,  
4/1/2023(7/7/2007)

**Manis, Gyles R.**,  
3/12/2023(1/9/2001)

**Massingill, Grady E.**,  
2/16/2023(10/17/1994)

**Mathis, Donald A.**,  
2/1/2023(1/14/2002)

**McClellion, Franklin H., Jr.**,  
2/24/2023(12/13/1991)

**McKeehan, Emajean D.**,  
3/18/2023(1/3/1987)

**McLemore, John D., Jr.**,  
3/5/2023(10/1/1996)

**McMillan, Paul E.**,  
3/13/2023(8/25/2012)

**Miller, Creighton**,  
4/12/2023(11/8/2008)

**Miller, Samuel J.**,  
2/16/2023(10/5/2014)

**Montgomery, Clifton Steve**,  
3/19/2023(1/15/2003)

**Moral, Jose R.**,  
9/12/2021(12/2/1994)

**Neal, Austin P., Jr.**,  
1/24/2023(1/12/2002)

**Newlon, Charles R.**,  
4/7/2023(8/16/1988)

**Newton, Jeffrey K.**,  
2/10/2023(3/12/2011)

**Nichols, Dwight O.**,  
2/1/2023(6/2/1982)

**Niswonger, Patricia R.**,  
1/15/2023(5/6/2000)

**Norris, George W.**,  
2/15/2023(1/6/2007)

**Odom, Donald R.**,  
2/5/2023(6/2/2003)

**Omodeo, Stephen**,  
3/5/2023(2/26/1994)

**Orr, William H.**,  
2/12/2023(12/20/1994)

**Painter, James D.**,  
3/25/2023(1/2/1999)

**Palmer, Charles W.**,  
3/21/2023(10/1/2014)

**Parker, Robert E.**,  
4/13/2023(5/2/2005)

**Parris, Earl L., Jr.**,  
2/8/2023(7/3/2010)

**Patel, Jashbhai R.**,  
1/29/2023(9/13/1988)

**Phelps, David W.**,  
2/7/2023(9/9/2000)

**Phillips, J. Delbert**,  
3/9/2023(12/28/2002)

**Pigg, Dennis W.**,  
3/12/2023(10/5/2012)

**Pitkin, W. Sharon**,  
11/16/2022(6/5/2011)

**Purser, Justin W.**,  
4/13/2023(1/10/2004)

**Rasar, Ray E.**,  
3/6/2023(5/29/2004)

**Ray, Mark S.**,  
4/17/2023(4/2/2005)

**Reavley, Earl Jackson**,  
3/1/2023(8/6/1988)

**Reece, Christopher Todd**,  
4/1/2023(10/19/2021)

**Richardson, Deborah J.**,  
1/25/2023(12/21/2002)

**Riddle, Linda Alice**,  
2/17/2023(11/29/1997)

**Roberson, Irene S.**,  
3/2/2023(9/15/1984)

**Robertson, Joseph C.**,  
4/19/2023(10/2/2002)

**Robinson, William L.**,  
3/1/2023(7/12/1992)

**Rogers, Maurice H., Jr.**,  
2/9/2023(6/1/1995)

**Ross, James M., Jr.**,  
4/14/2023(1/4/1988)

**Rowland, Marilyn M.**,  
4/27/2023(6/12/2007)

**Rudacille, W. Emerson, Jr.**,  
2/5/2023(8/3/2003)

**Sage, James R.**,  
1/17/2023(6/8/1991)

**Sandefur, J. B.**,  
2/9/2023(8/9/1992)

**Sanders, Debra B.**,  
2/12/2023(1/4/2021)

**Scarlett, Billy J.**,  
2/15/2023(11/13/1982)

**Scott, Jeanne G.**,  
3/13/2023(11/8/2008)

**Sink, J. David**,  
3/24/2023(9/29/1990)

**Smith, James W.**,  
2/26/2023(11/8/2008)

**Smith, John L.**,  
2/25/2023(8/2/1988)

**Spangler, Douglas R.**,  
4/10/2023(6/30/1990)

**Spencer, George L.**,  
4/2/2023(12/6/1986)

**Stevenson, Homer R.**,  
3/31/2023(11/19/2005)

**Stiles, Roger D.**,  
3/17/2023(6/2/2002)

**Swanson, Joanne V.**,  
3/3/2023(10/16/1999)

**Taylor, Robert L., Jr.**,  
3/24/2023(10/15/1994)

**Thorne, Mickey D.**,  
4/1/2023(8/28/2000)

**Thrasher, Raymond Douglas**,  
3/29/2023(10/7/1992)

**Townsend, Billy E.**,  
2/15/2023(8/2/1988)

**Trent, Nathalie T.**,  
1/27/2023(9/11/1989)

**Tubbs, Eddie L.**,  
3/24/2023(8/2/2009)

**Turner, John B.**,  
4/7/2023(10/5/2002)

**Vaughn, John T.**,  
4/3/2023(9/7/2002)

**Walker, Noel E.**,  
2/17/2023(6/14/1997)

**Ward, Beverly A.**,  
3/31/2023(10/1/1988)

**Watkins, Mary I.**,  
1/5/2023(7/30/1988)

**Wiginton, Barbara J.**,  
2/21/2023(6/12/2004)

**Williams, Wanda R.**,  
4/19/2023(1/4/2001)

**Willis, William F.**,  
2/12/2023(2/8/1993)

**Wright, James E., Jr.**,  
3/20/2023(1/2/1999)

**Yeast, Mildred T.**,  
2/21/2023(10/1/1988)

**Young, John D.**,  
4/26/2023(6/7/1992)

# Upcoming June 2023 Chapter Meetings

## BROWNS FERRY

**June 13, 2023, Noon**

*Catfish Cabin, Athens, Ala.*

- Program: TBD
- David Matherly, President  
[256-777-2175/dcmatherly@gmail.com](mailto:256-777-2175/dcmatherly@gmail.com)

## CHATTANOOGA

**June 13, 2023, 10:30 a.m., doors open, 11:30 a.m., lunch**

*The Colonnade (Catoosa Civic Center), 264 Catoosa Circle, Ringgold, Ga.*

- Program: Chapter Picnic
  - Guest Speaker: TBD
- Tom Swanson, President  
[423-344-6892/twsawanson@comcast.net](mailto:423-344-6892/twsawanson@comcast.net)

## CLEVELAND

**June 16, 2023, 11 a.m.**

*Hopewell Church of God (Mike Long Pavilion), 5765 Eureka Road NW*

- Annual Summer Picnic: Catered meal from local restaurant
- Guest Speaker: Marilyn Brown, TVARS Board 7th Director
- Musical Guests: Spanky's Brass and the Garner Boys

John Austin, President  
[423-472-2720/austintnutfan@charter.net](mailto:423-472-2720/austintnutfan@charter.net)

## GALLATIN

**June 14, 2023, 11 a.m.**

*Gallatin Public Library*

- Guest Speaker: Capt. Carl McCoy from the Sumner County Sheriff's Department, will present a program on self-defense
- James R. Monday, President  
[615-481-8469/oemorgan@comcast.net](mailto:615-481-8469/oemorgan@comcast.net)

## HUNTSVILLE

**June 8, 2023, 10 a.m.**

*First Baptist Church, 600 Governors Drive*

- Guest Speaker: Penny Walker, TVARA Volunteer Coordinator
  - Special Guest: Marilyn Brown, TVARS Board 7th Director
- Daniel A. Simmons, President  
[256-509-9781/dasimmon@bellsouth.net](mailto:256-509-9781/dasimmon@bellsouth.net)

## JACKSON

**June 14, 2023, 9:30 a.m.**

*Southwest Electric Membership, Hwy 70E*

- Program: TBD
- Alan Campbell, President  
[731-988-8814/abcjax@eplus.net](mailto:731-988-8814/abcjax@eplus.net)

## JOHNSONVILLE/CUMBERLAND

**June 15, 2023, 10 a.m.-Noon**

*Country & Western Steakhouse Hwy 641 N., Camden, Tenn.*

- Program: Discuss May 25 TVARA Board Meeting and May 18 TVA 90th Anniversary Day of Service
  - Guest Speaker: Justin McBath, Project Manager, with updates on Johnsonville site devolvement
- Remember to bring a nonperishable food item for donation to Helping Hands
- Mickey Blackburn, President  
[931-209-1352/mwblackb56@gmail.com](mailto:931-209-1352/mwblackb56@gmail.com)

## KNOXVILLE

**June 8, 2023, 10 a.m.-1 p.m.**

*The Cove, Concord Park*

- Program: "Health, Wellness & Community"
- Sammy Sweetland, President  
[256-366-0952/sdsweet62@hotmail.com](mailto:256-366-0952/sdsweet62@hotmail.com)

## MEMPHIS

**June 14, 2023, 11 a.m.**

*Dale's Restaurant 1226 Main St., Southaven, Miss.*

- Program: Cover minutes of May 25, 2023, TVARA Board Meeting
- David L. Teuton, President  
[901-212-3822/davidteuton@yahoo.com](mailto:901-212-3822/davidteuton@yahoo.com)

## MISSISSIPPI

**June 13, 2023, 10:30 a.m.**

*Tupelo TVA Customer Service Center, 3197 Brooks Road, Belden, Miss.*

- Guest Speaker: Dessa Patton, Certified Advanced Grief Recovery Specialist
- Judy J. Bright, President  
[662-791-9779/bright.judy@gmail.com](mailto:662-791-9779/bright.judy@gmail.com)

## MUSCLE SHOALS

**June 20, 2023, Doors open at 9:30 a.m.**

*Florence Lauderdale Coliseum*

- Annual Picnic & Health Fair
- Timothy "Tim" Cornelius, President  
[256-757-5220/timwcornelius1@gmail.com](mailto:256-757-5220/timwcornelius1@gmail.com)

## NASHVILLE

**June 15, 2023, 10 a.m.**

*Victory Baptist Church, 1777 Tate Lane, Mt. Juliet, Tenn.*

- Guest Speaker: Chris Smith, Community Relations Manager, TVA North Region
- Kevin Whitehead, President  
[931-215-1794/klwhite220@att.net](mailto:931-215-1794/klwhite220@att.net)

## NORTHEAST ALABAMA

**June 13, 2023, 11 a.m.**

*Western Sizzlin', Jasper, Tenn.*

- Program: TBD
- Larry A. Hancock, President  
[256-437-8220/lah35772@gmail.com](mailto:256-437-8220/lah35772@gmail.com)

## PADUCAH

**June 20, 2023, 10 a.m.**

*Pizza Inn, Joe Clifton Drive*

- Guest Speaker: Justin Vineyard, Senior Retirement Consultant, TVA Retirement System
- Ken Dickerson, President  
[270-442-9539/kenneth.dickerson@comcast.net](mailto:270-442-9539/kenneth.dickerson@comcast.net)

## PARADISE

**June 13, 2023, 10:30 a.m.**

*Catfish Boat Dock*

- Guest Speaker: Marilyn Brown, TVARS Board 7th Director
- Betty Woodlee, President  
[270-847-6449/mammytwo3@yao.com](mailto:270-847-6449/mammytwo3@yao.com)

## UPPER EAST TENNESSEE

**July 19, 2023, 11:30 a.m.**

*Rogersville City Park, Pavilion No. 3, across from pool*

- Annual Picnic, everything provided, including BBQ, drinks, sides, and desserts — RSVP by calling Les Bays at 423-782-8458 between July 5 and July 15 or comment with the number in your party on TVA Retirees-Upper East Tennessee Facebook page
  - Guest Speakers: Johnny and Teresa Greer will talk about the Surgoinsville Museum and would like any individuals who have TVA, John Sevier, Phipps Bend, Hydro, or other memorabilia they would like to donate, to bring it for the TVA section of the museum
- Les Bays, Chapter President,  
[423-782-8458/lpbays1@yahoo.com](mailto:423-782-8458/lpbays1@yahoo.com)

## WESTERN

**June 21, 2023, 10:30 a.m.**

*Lake Barkley State Resort Park*

- Guest Speaker: Rachel Terrell, TVA Manager, Recreation Agreements, to discuss TVA Natural Resources volunteer opportunities
- K. Renee Turnbow, President  
[270-205-5277/kturnbow@gmail.com](mailto:270-205-5277/kturnbow@gmail.com)

## Getting in touch with TVARA

Here is contact information for the TVA Retirees Association and its officers:

**TVARA 865-632-3318**

**Jo Anne Lavender, TVARA President**  
[jlavender@tds.net/865-300-8272](mailto:jlavender@tds.net/865-300-8272)

**Vickie Ellis, TVARA Immediate Past President**  
[vlellis@aol.com/865-805-1512](mailto:vlellis@aol.com/865-805-1512)

**Alan Campbell, TVARA Vice President**  
[abcjax@eplus.net/731-988-8814](mailto:abcjax@eplus.net/731-988-8814)

**Debbie Rutherford, TVARA Secretary**  
[frogvol7@att.net/865-809-7084](mailto:frogvol7@att.net/865-809-7084)

**Lisa Overly, TVARA Treasurer**  
[lloverly@hotmail.com/865-567-7911](mailto:lloverly@hotmail.com/865-567-7911)

**Penny Walker, TVARA Volunteer Coordinator**  
[pennywalker06@comcast.net/423-413-7137](mailto:pennywalker06@comcast.net/423-413-7137)

Please visit the TVARA website at [mytvvara.org](http://mytvvara.org) and hover your mouse over the tab "Chapters" to find your chapter. Click on your chapter to view meeting details and announcements.

## TVARA Website, Email Addresses

Have you visited the TVARA website lately?

The web address is [mytvara.org](http://mytvara.org). You will find information about chapter meetings, volunteer opportunities, membership, and healthcare information, as well as other news of value.

TVARA will be sending emails to all members from time to time, concerning invitations to chapter meetings, volunteer opportunities, the TVA-sponsored Valleywide TVA Retiree Appreciation Luncheon, Membership Dues Notices, and other important information.

Please update your address book with the following email addresses for the TVARA staff:

Reba Whitson — [rjwhitson@mytvara.org](mailto:rjwhitson@mytvara.org)  
Jean Bryson — [sjbryson@mytvara.org](mailto:sjbryson@mytvara.org)  
Richard Wilson — [rtwilson@mytvara.org](mailto:rtwilson@mytvara.org)



## Save Sept. 13 for Appreciation Luncheon

This year's annual TVA Retiree Appreciation Luncheon is scheduled from 10:30 a.m.-1:30 p.m. Wednesday, Sept. 13, in the Chattanooga Convention Center. Further details will be announced later.

## Set aside July 27 if you're a Korean War vet

If you served in the Korean War or have a loved one who did, the TVA Veterans Association is inviting you to a Celebration of Service in Chattanooga on July 27.

The get-together for food and fellowship will be from 11 am.-1 p.m. at a location to be announced. The TVAVA says attendees "will have an opportunity to share their experiences and memories with soon-to-be friends."

For information about registration or other questions, email [tvavaerg@tva.gov](mailto:tvavaerg@tva.gov).

### Chapter volunteers support TVA...continued from page 3

mattresses, pillows, and linen.

**Western Area retirees** would be working at Land Between The Lakes, **Paradise retirees** would be making improvements to Paradise Park, and **Johnsonville/Cumberland volunteers** would be assisting at animal shelters.

**Huntsville Chapter** folks would be working at the Huntsville Museum of Art and at two retirement facilities, **Jackson Chapter retirees** assisting at Elmwood Cemetery, Madison County Master Gardeners, and the Madison County Library. **Memphis retirees** planned to volunteer to help at the Down Syndrome Association.

**Bicentennial Volunteers Inc.**, as usual, was to assist chapters with projects by providing a combined total of \$24,000 toward six of the endeavors.

Photos and further details of the Day of Service activities will be featured in the next TVARA newsletter.