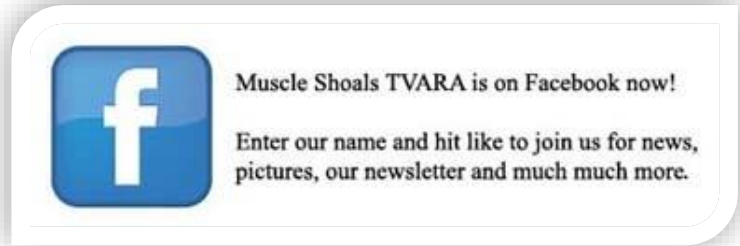


POWER Connect!

Muscle Shoals Chapter
Spring 2020 Issue



Message from our President

It's been an interesting (?) few months, to say the least. I hope all of you are doing OK with the situation with which we are dealing.

Due to current guidance to address large gatherings, we have cancelled the Annual Health Fair and Picnic. We plan to continue with the picnic next year.

We will keep you informed of future plans for Muscle Shoals Chapter activities.

Enjoy the summer and stay safe.

We continue to make a difference in our area. The 2020 Gerald Williams Garden Program underwent changes this year. We worked with Community Action Agency of North Alabama to implement a voucher program to replace the physical seed and plant distribution. This worked out for the best because of the COVID-19 situation.

The way the program worked this year was to, first take applications, as we did in the past. Vouchers, valued at \$25, were mailed to applicants for their use in obtaining gardens supplies from two local CO-OPs.

Approximately 560 vouchers were mailed.

Please see the articles below concerning ways we are helping our area during the pandemic.

Tim Cornelius



Inside This Issue

- 1 Quarterly Meeting
- 2 Upcoming Events/Advertisers
- 3 Board Members
- 3 Food Bank
- 5 Eagles
- 6 Endowed Scholarship
- 7 Fall Garden
- 7 Exercise Program
- 8 Back in the Day
- 11 Help Needed/Suggestions

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

Special Thanks to non-advertising Supporters

TVA Power Service Shops

Upcoming Events

Wednesday, September 9, 10:00 a.m.
TVARA Endowed Scholarship & Essay Winner Presentations
Free Lunch and Door Prizes
Wilson Dam Road TVA Community Credit Union

Wednesday, December 9, 10:00 a.m.
Program to be Announced
Free Lunch and Door Prizes
Wilson Dam Road TVA Community Credit Union

Wednesday, March 10, 2021, 10:00 a.m.
Program to be Announced
Free Lunch and Door Prizes
Wilson Dam Road TVA Community Credit Union

Tuesday, June 15, 2021, 9:30 a.m.
Annual Picnic and Health Fair
Program: Health, Fitness, & More
Great Door Prizes (thousands of dollars)
Florence/Lauderdale Coliseum

Our Advertisers

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

TVA Community Credit Union First Community Medicare Supplement

North Alabama Medical Center Helen Keller Hospital

Merrill Lynch Blue Cross Blue Shield TN

Edward Jones Viva

Blue Cross Blue Shield AL Delta Dental

Brentwood Retirement Comm. Cottage Senior Living

Home Instead Listerhill Credit Union

The Foot Bar Alabama Health Guidance

Big Brothers/Big Sisters Eldercare

CASA Civitan International

Tennessee Valley Arts Assoc. UNA Continuing Ed

United Cerebral Palsy

Meet your Muscle Shoals TVARA Board Members

President, Tim Cornelius

Vice President, Vacant

Treasurer, Joan Marsh

Secretary, Carol Sherer

TVARA Picnic Manager, Henry Long

Hospitality, MJ Ligon

Scholarship Program, John Ingwersen

Newsletter: John Ingwersen, Janice Berry

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

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

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

Food Bank Support During Pandemic

By Joan Marsh

James Russel Lowell said, “It is not what we give, but what we share. For the gift, without the giver, is bare.” So true!

Our chapter received \$5,000 from BVI, requesting that we donate to food banks in our area. The North Alabama Food Bank is located in Huntsville, and they cater to people in their area. A few organizations in our immediate area go to Huntsville to purchase food from the Huntsville food bank. However, several of those organizations are closed because of the Covid-19 pandemic.

Our chapter board members voted to find local grass root organizations that were actually feeding people at this time. We found five organizations that we felt could use the funds, and gave \$1,000 to each.

Killen United Methodist Church—This program has been in existence for 10 years, and they provide food to about 50-60 families a month. They spend about \$1,200 a month, on average, for food.

Sidney’s Safe Foundation—This organization has been active for 14 years in our area, providing food for children who are not in school. In some situations, the foundation buys regular groceries for families.



Ekklesia Missionary Baptist Church—This church buys s food from the Food Bank in Huntsville, and they have been serving meals daily during this time. When I called them about their wishing to give a donation, the lady started crying, and thus, had me crying too!

The Dream Center—This organization furnishes canned goods, or non-perishable dry foods, to the area, including Colbert, Lauderdale, and Franklin Counties.

The Meal Barrel Pantry—This organization provides canned goods and shelf-stable items, such as cereal and macaroni and cheese. I, along with Henry Long and Carol Sherer, were surprised to see the number of cars lined up to receive the groceries. We had seen long lines in larger states on TV, but seeing this locally was an eye-opener.

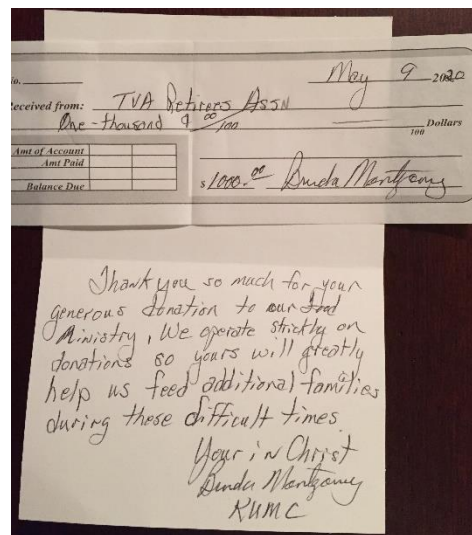


Spending time doing this was rewarding, and all of the organizations were very appreciative of the donation.

On behalf of our Pastor, Dr. Kobee Fitzgerald; Ekklesia Ministries would like to thank you for your tax-deductible financial contribution. Your proceeds will help us to show; “Christ in the Crisis.” We understand that we can not accomplish these efforts without faithful financial supporters like yourself! Again, we say, “Thank You!”. We pray God’s richest blessings unto you and that he would keep you safe during these times.

On behalf of the Shoals Dream Center I want to thank the TVA Retiree Association for their very generous gift of \$1,000.00. This donation, through our resources, will pay for over 7,000 pounds of food to be given to those in need in Lauderdale and Colbert counties.

Again Thank you! And once the danger threat of Covid-19 has passed I would love for you to visit and take a tour of our facility!

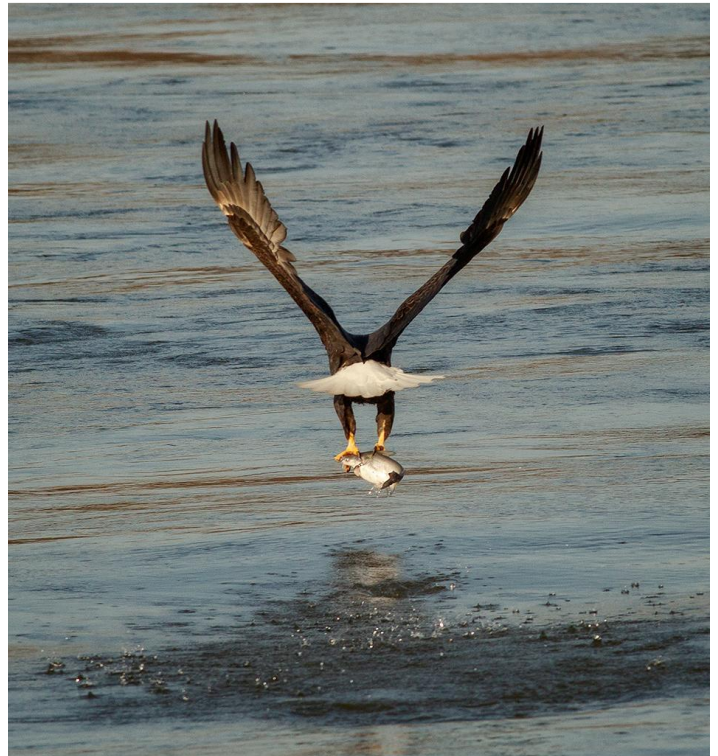




The TVARA Nashville Chapter did not request a BVI grant for their food bank because the strongest need for assistance in the Nashville area and the surrounding counties relates to the recent tornadoes. BVI graciously provided the chapter with \$5,000 to be forwarded to the Second Harvest of Middle Tennessee for their food bank; and we were delighted to do so!

2020 Eagles on Wilson Lake **By John Blackwell**

We are nearing the end of another successful nesting of Bald Eagles on Wilson Lake. In the late fall of 2019, the eagles began repairing the nest in preparation for laying eggs. In checking the area around the base of the tree, I found several branches lying on the ground which did not make the cut. After eons of nest building, eagles know which sticks work and which ones do not. In late February or early March of 2020, the eagles had laid their eggs. After a period of 35 days of incubation, the eaglets hatched. This year we had two eaglets. While I enjoy taking pictures, I depend upon the wildlife photographers to share their pictures. The eagles, by now, have learned to feed themselves and to fly. By the end of May, they will have been taught to fish; and will then be on their own in early June. The best time to see eagles at the nest in our yard is while the eaglets are still in the nest. We are happy to have been able to experience first-hand the nesting of Bald Eagles, and to know that the number of eagles in Colbert and Lauderdale Counties of Northwest Alabama has continued to grow. More and more folks are sharing with me their



stories of seeing eagles on the Tennessee River. Just look up, and you may be lucky enough to see this magnificent bird!



Muscle Shoals Chapter TVARA/UNA Endowed Scholarship Your Support Needed!

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

As of April 30 of this year, our scholarship endowment totaled \$60,027.38. In the three-month period from December 2019 through April 2020, we had no contribution.

The endowment for 2020-2021 is supporting two scholarships. These awards will exceed \$1,100 each. The scholarship award gives preference to relatives of active (paid) Muscle Shoals TVARA members. In addition, your TVARA Board has approved an award of \$200 for the winning essay. In our September Chapter meeting, we will award the scholarships and the Essay Award.

Please make our endowed scholarship a priority for your charitable giving. Donations are tax deductible. Make your check payable to Muscle Shoals Chapter TVARA/UNA Endowed Scholarship and mail it to:

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

Advantages of a fall garden

By John Blackwell

I have been a gardener for more than 50 years. While I enjoy celebrating the arrival of spring by the planting of a spring garden, my most rewarding garden is the fall garden. I have found that a fall garden has several advantages over a spring garden. The first is that the temperatures are getting cooler, as we move into the fall. As a result, the weeds and grasses do not reproduce and grow as fast. Therefore, I do not have to do as much hoeing, my least favorite experience in my garden. Some vegetables, such as kale, cabbage, broccoli, spinach,



carrots, radishes, and English peas, do better in the fall. Perhaps my favorite are the fall tomatoes. Fall vegetables do not have to fight the continued increasing hot temperatures, but enjoy the increasing cool temperatures. Also, insects are not as bad as in the spring. In early August, I will start planting my fall garden and enjoy fresh vegetables until the first frost.

You should give a fall garden a try. Look for the Bonnie Plants vegetable plants to be available about the first of September.

Hint: How to get started on an exercise program.

By John Blackwell

Perhaps you are struggling with starting an exercise and diet program. I found it is hard to start and to maintain an exercise program. Even after I purchased an expensive treadmill, my exercise program did not last that long. I did find that a diet program worked well when I had support groups. This included meetings and weigh-ins. After exercising daily for eight years, seven days a week, I have found the most important part of an exercise program is not the exercises but having a friend. In other words, just like the successful diet program, you need to have a support group.

If you have someone that you have to be accountable to, it will make a difference in your attendance. You should begin by asking relatives and friends. If this approach does not work, you need to join an exercise class at your local gym or YMCA. I have found that local gyms are full of potential exercise friends. I do not get bored when I work out with friends. You have a chance to chat and tell stories, and

the time goes faster. A friend can also boost motivation and overall performance because you are working harder. In other words, a friend encourages healthy competition. In addition, you may find new friendships who will most likely stick with your commitment, and meet your performance goals. Friends will probably have new exercise ideas, and it is safer to have a friend around. As days go by, you will find yourself getting healthier.

Having an exercise friend will help boost you into a regular exercise program.

Wishing you a healthier life style.

BACK IN THE DAY.....

My grandparents lived in Hancock County, Tennessee, in a house my grandpa built. Grandpa was a successful tobacco farmer who received a good income from that once a year. He never used a bank, paid cash for everything he bought, never had a telephone, and was never in debt. He never owned a vehicle.

The house was on top of a hill, and we had to cross a foot log (footbridge) that was over a creek to get to the house. It did not have indoor plumbing or running water. The first meeting of the board of directors of Holston Electric Cooperative (part of TVA) was held July 11, 1940. Providing electric service to rural residents who had never had electricity available to them was the immediate mission. As soon as he could, Grandpa acquired electricity which changed their lives drastically. They bought a refrigerator and a stove. No longer did they have to use the wood-burning stove, but my grandmother wanted to keep it in the kitchen “just in case electricity went out”! They bought a radio in 1941, so listening to the Grand Ole Opry became entertainment. I have the radio, and it has the date and other information on the back of it. They then had one overhead light in each room.

Prior to having electricity, my memories, when visiting, were of carrying water from the creek to the house in buckets, one of which was used for drinking water from a dipper. A spring house was over the creek. It had shelves that stored milk, butter, canned goods, etc.

A big garden of corn, okra, tomatoes, green beans, potatoes, etc. provided vegetables they needed, and excess was canned for the winter. Hogs provided ham, tenderloin, and pork chops, as well as lard and lye soap. Cows provided milk. Chickens laid their eggs, and the chickens’ necks were wrung for a Sunday dinner. An apple orchard and field popcorn provided snacks. Popcorn was popped over an open fire. Since our family had a car, we accompanied my grandpa to the corn mill in Sneedville, Tennessee, with corn to be ground into cornmeal. He swapped part of his cornmeal for sugar and flour.

Only the living room had heat, which was from a fireplace. When we visited, we went to bed as soon as it got dark because they did not waste oil in their lamps. The beds were feather beds, and once you got in you pretty much stayed in because they were hard to get out of.

During the day, my brothers and I would slide down a slate hill in back of their house and swing on a swing

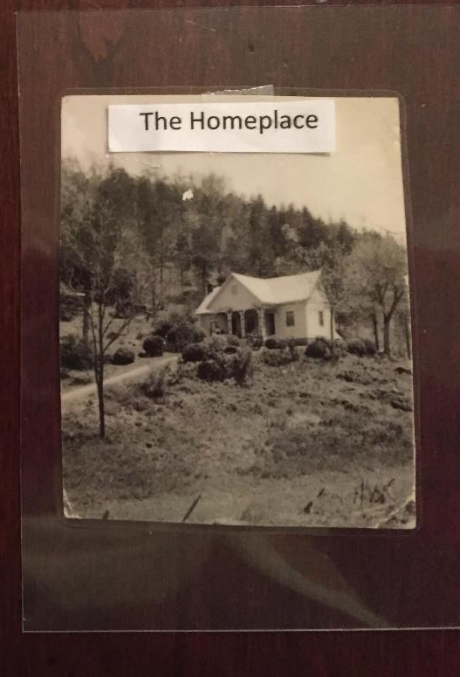
which Grandpa had made of a wooden seat and ropes. Playing in the creek was also fun.

When going through some of the papers my family had saved, I came across the letter (see next page) from the Co-op. Note that they were encouraging homeowners to install sinks in their kitchens!

What a very simple life they lived! No overload of news, activities, etc., although they did have to work hard. I was able to visit the homeplace a few years ago to attend a funeral. The burial was in a family cemetery nearby. It was sad to see the condition of the house and land. There is a paved road now, rather than a gravel road; and surprisingly, several northerners have bought land and built summer homes all around. Reminiscing about these times reminds me of how many and how much things have changed. Never in my wildest dreams would I have thought I would work for TVA, much less be able to travel to lots of countries to see things I read about as a child. I wonder what my Grandpa would think if he were able to visit with me today!

Joan Marsh

3/16/2020



BETTER HOMES CAMPAIGN

" A SINK IN EVERY TENNESSEE FARM HOME "
" A GREEN LAWN FOR EVERY TENNESSEE FARM FAMILY"

Better Homes Week

April 23-29, 1939

Dear Home-Maker :

TO THE LADY OF THE HOUSE

April 23-29 has been designated as Better Homes Week. During this week we hope that every home in America will have made some improvement. Mrs. J. E. Mills, Sneedville, has been appointed County Chairman of the Better Homes Campaign in Hancock County. She has appointed local Community Chairman who will sponsor the campaign in their community. Forms will be handed to you so that you may list the improvements you have made in your home. Please fill these out and return to your Local Chairman .

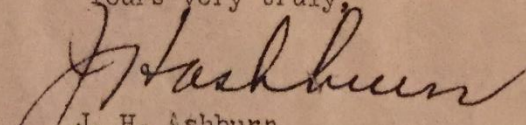
Our slogan for this year is " A Sink in Every Tennessee Farm Home". A Cheap sink with a drain pipe will save the average farm house wife 1,200 steps a day to the back porch to throw out the waste water. Even tho' you have to carry the water in from the well or spring, you at least won't have to carry it out again. The flat-rim sink is very satisfactory. Those of you who can not afford that, may have a wooden sink lined with metal make with little or no expense.

Your community Chairman will tell you other ways in which you can make improvements and do your part in the Better Homes Campaign. The Chairmen of the communities are as follows : Sneedville, Mrs. Arkie Seal Mulberry Gap, Mrs. Martha Turner; Kyles' Ford, Mrs. H. K. Testerman, Treadway, Mrs. Anne Harvey; Luther Mrs. Dollye Mills; Trent's Chapel Miss Birdie Trent; Alder's Chapel, Mrs. Elmer Turner; Alanthus Miss Edith Brooding. These ladies will help you in every way they can.

Let's Make Hancock County A winner by having the most improvements.

If you need any bulletins on your Better Home and Garden consult your County Agent's Office.

Yours very truly,


J. H. Ashburn
County Agent.

Help! We Need Your Help!

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



Suggestions?

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