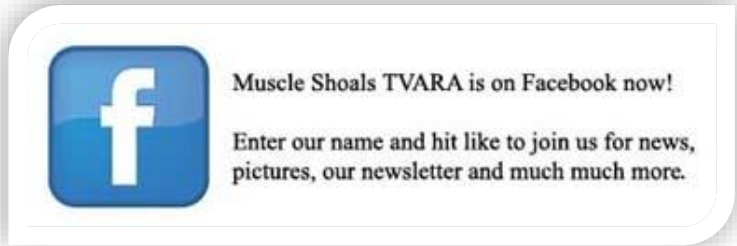


# POWER **Connect!**

Muscle Shoals Chapter  
Summer 2021 Issue



## Message from our President

Well it looks like the COVID-19 situation has gotten worse.

I was looking forward to seeing everyone at our September Muscle Shoals Chapter Meeting. Unfortunately; we have decided not to meet this September. The health and safety of our members and their families is our top priority.

TVA will not be having the annual retiree picnic again this year. I know a lot of us look forward to that event.

We will continue monitoring the COVID-19 situation, and if it diminishes, we will try to have our December Chapter Meeting. We will let you know.

In the meantime, stay safe. I look forward to seeing all of you in the near future.

Tim Cornelius

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**www.tvaccu.com**

**TVA Community Credit Union**

NCUA LENDER

The advertisement features a tropical beach scene with a thatched umbrella, palm trees, and a wooden lounge chair. The text is overlaid on the image. The TVA Community Credit Union logo is in the top right corner. The NCUA Lender logo is in the bottom right corner.

## Inside This Issue

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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 8, 2021, 9:30 a.m.

Program to be announced.

**Cancelled**

Wednesday, December 8, 2021, 9:30 a.m.

Program to be announced.

Free Lunch and Door Prizes

Wilson Dam Road TVA Community Credit Union

Wednesday, March 9, 2022, 9:30 a.m.

Program to be announced.

Free Lunch and Door Prizes

Wilson Dam Road TVA Community Credit Union

Tuesday, June 14, 2022, 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 [jtingwersen@gmail.com](mailto:jtingwersen@gmail.com).

## Meet our 2021-2022 Scholarship Winners

### Ansley Hines

Muscle Shoals TVARA/UNA Endowed Scholarship  
Winner

Ansley Hines is a recent graduate of Rogers High School, where she graduated with many honors, including being named the Salutatorian of her class. Ansley is an incoming freshman at the University of North Alabama, where she is involved in the Pride Marching Band and the University's Honors College program. Ansley plans to pursue a degree in secondary education and eventually teach middle school mathematics.



## Deyanara Holt

Muscle Shoals TVARA/UNA Endowed Scholarship & Essay Winner

My name is Deyanara Holt, and I am the granddaughter of TVA retirees, Jim Bolen and the late Joe Holt. I am a Grissom Alumni and lifetime member and Gold Award winner of Girl Scouts. I am currently a sophomore studying at UNA to earn my Bachelor of Fine Arts with a concentration on Acting for Stage and Screen. I'm also studying to earn a minor in Crime Scene Investigation. I have always had a sense of independence and a deep connection to my family. I often look to strengthen that connection, even if it's only a little.



I thank you so much for this opportunity. Not only was I glad to have been chosen to receive this scholarship; but also my Grandpa Bolen, who worked for TVA, was also enthused to have heard that I got the scholarship. My grandmother, Linda Holt, is thrilled that I received this scholarship, and would say that my grandfather would be proud of me. I know this to be true because all my grandparents have always been supportive of me. This makes me feel closer to my grandparents.

### 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 June 30, our scholarship endowment totaled \$82,823.56. In the three-month period from May 1 through July 31, we had no contribution.

The endowment for 2021-2022 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. The Essay Award has been provided by mail this year, due to meeting cancellation.

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

## **Receive Your TVARA Newsletter by Email**

**By Richard Wilson, TVARA Membership Program Manager**

Did you know you can receive the quarterly TVARA Newsletter (TVARA News) by email, instead of by mail? If you received the newsletter by email, it would save the TVARA printing and mailing costs. In addition, you would receive the newsletter up to 3 days earlier.

We currently have over 460 retirees who receive their newsletter by email. If you would prefer to receive the newsletter by email, instead of mail; send me an email at [rtwilson@tva.gov](mailto:rtwilson@tva.gov) and let me know if you wish to receive the newsletter by email.

Thanks for your continued support of the TVARA

## **Valley-Wide August 5 Quarterly Meeting Summary**

The Valley-Wide meeting was held by internet/telephone, and included Tim Cornelius and John Ingwersen, from the Muscle Shoals Chapter TVARA. The following is a brief summary of interest to our membership:

**Update on New Portal for TVA Employees and Retirees by Katie Downs, Strategic Consultant, People First Software Solutions.** Ms. Downs informed us that the new system is now online with 24/7 self-service for Human Resources, as well as phone or live chat from 7:00 a.m. to 7 p.m. ET on workdays. For health care benefits, and to up-date contact information, contact the People First portal. They ask, in particular, that everyone make sure his/her contact information is up to date. Online, go to [peoplegateway.tva.org](http://peoplegateway.tva.org), or call 888-275-8094 workdays 7:00 am – 7:00 p.m. Eastern Time.

**TVA Update by Susan Lauver, Director, TVA Media Relations and Marketing.** The \$2,000 contributions to be made to the charity of choice for each Chapter have been turned in by all Chapters, and are being processed (Muscle Shoals Chapter submitted *Sleep in Heavenly Peace*, a charity that builds beds for children who do not have them).

**TVA Retirement System Update by Mark Meigs, Executive Secretary, TVA Retirement System.** Pension assets as of May 31 are \$8.75 B; and as of the report, had reached \$9.1B. This means the system is now funded to the highest ever, at near 100%, using the TVARS discount rate. As a result of this outstanding position, a recommendation has been made and approved to reduce the target return from 5.5% to 5.25%; and the target risk from 9.9% to 7.8%—thus resulting in a less volatile, more resilient fund. This will entail selling about 15% of equities, and putting the proceeds into fixed investments.

**TVA Employee Benefits Up-date by Joe Galardi, Director, TVA Benefits and Wellbeing.** The open enrollment this year for Medicare retirees will be October 15 through December 7. For non-Medicare retirees, the open enrollment will be from October 13 through December 7.

## Medi-Gap Insurance Questions?

As we approach the open enrollment period for Medi-Gap Insurance, October 15, 2021 to December 7, 2021, you may have questions about your coverage. If you would like to see the Muscle Shoals Chapter host a Medi-Gap Insurance workshop, you will need to register with John Blackwell, [jblackwell841@aol.com](mailto:jblackwell841@aol.com).



## CONTINUING TO BUILD MUSCLE AS I AGE - IT'S NEVER TOO LATE

BY

**John Blackwell, Exercise Enthusiast**



First of all, let me begin by saying I am 80 years old. In addition, I have had a hip replacement, three heart by-passes, and a heart valve replacement. Also, like most seniors, I am taking a number of medications for treatment of heart and blood issues, as well as for prostate, and bladder issues. I also take several vitamins, but no supplements. I have a lifestyle that allows me to enjoy the outdoors, with time for fishing, gardening, working on the farm, and spending time with the family. In recent times, I have discovered that a lawn chair is an essential tool. In addition, I am as needing longer rest periods after doing most outdoor chores. I felt this was due to the lack of strength and stamina because of aging. I have worked to keep myself in shape in order to keep my current lifestyle. In talking with my physician, Dr. Jerry B. Williams, I learned that he feels that my loss of strength and stamina is due to lost muscle mass. I love my life style, and want to continue enjoying my life, and therefore, I realize that I must not only stay in shape, but also increase my muscle mass. I am the father of four children, 12 grandchildren, and 3 great grandchildren. Dr. Williams, assured me that muscle mass can continue to increase as one ages. I was determined that I wanted to do what was necessary to improve my strength and stamina.

Although I am involved in an exercise program, I am still noticing a loss of strength and endurance. Having stronger, more powerful muscles as you age won't just keep you active longer. It has also shown to help offset cognitive decline. Muscle strength is crucial to staying healthy and active, and preventing falls as we enter later life. I do not want another hip replacement! Stronger muscles mean stronger bones, stronger and more flexible joints, better balance, and leaner build. The American Cancer Society explains "As you gain muscle, your body begins to burn calories more easily, making it easier to control your weight". I thought that perhaps taking my exercise to the next level would be the answer. It did not take long for me to realize that I did not want to get into body building, cross-fit lifting, or jerking heavy weights, or jogging. These activities are too hard on my joints and heart.

Through Dr. Williams, I learned of a new technique that helps in developing muscle mass, called Blood Flow Restriction (BFR). BFR training involves exercising your muscles while partially restricting arterial inflow, and modifying venous outflow while bands are placed on either proximal arms or both proximal legs. By modifying the venous blood flow, you create a relatively hypoxic (low oxygen) environment in the exercising muscle, which causes the production of hormones such as growth hormone and testosterone, commonly referred to as "the fitness hormones." This surge in hormones creates muscular growth and health. It also allows you to obtain muscle growth while using lighter weights. I am now using 30% of what I had previously lifted. After discussions with my doctor, I started this technique. Dr. Williams is trained in BFR training. I use the bands for my five-day workout of chest, legs, back, shoulders, and arms, as well as the ab exercises. Then I go through my five-day work out again without the bands as well as the ab exercises. This break gives my body adequate time to recover from BFR training.

I have found that I have to work really hard to handle weights at 30% of what I had previously lifted. After exercise, I feel as if I have had a good workout, without straining my joints or heart. I have seen some early results; and while I have made some progress in developing muscle mass, I need more improvement. It certainly is nice when your granddaughter says "Pop you look hot!"

If you are ready to combat muscle decline and rebuild your strength and power, I would advise you to talk to your physician or a certified trainer in "Blood Flow Restriction Training".

Dr. Williams has written several books on exercise and diet. He is currently working on another book titled, "Muscle Growth at Any Age—Blood Flow Restrictive Training". Information will be available soon to the TVARA chapters about how you can obtain a copy.



## Dr. Jerry B. Williams

Dr. Williams has been practicing cardiology for more than 29 years at Helen Keller Hospital in Sheffield, Alabama.

“You are more likely to be overweight and unhealthy if your friends are overweight and unhealthy. Studies have shown your friends are more important than the genetics of your family. It is not the genetic threads, but the social threads that connect us all together. The social threads give us power to change obesity and our health. Being connected to others is a necessary ingredient for health, just like food, water and air.”

Medical Pearl



## NW Alabama BEST Robotics is Gearing Up for Demo Daze 2021!

Hi everyone,

Greetings from our BEST hub! Please feel free to share this with anyone who might be interested in being a Volunteer for BEST Robotics this year! Once a volunteer registers for our hub NW Alabama, he/she will receive updates and training opportunities.

Volunteers PLEASE REGISTER at <https://registry.bestrobotics.org> ! This will ensure that volunteers are trained (online) and updated!

Our Event Dates for the Season:

REGISTRATION	KICKOFF DATE	PRACTICE DATE	GAME DATE
	<b>Kickoff</b>	<b>Practice Day</b>	<b>Game Day</b>
	↓ 9/25/2021 5:00pm	↓ 11/4/2021 5:00pm	↓ 11/20/2021 9:00am
	↑ 9/25/2021 10:00pm	↑ 11/4/2021 9:00pm	↑ 11/20/2021 6:30pm
3/30/2021 10:40am 9/20/2021 11:55pm Competition Format: Classic	KickOff Drive In Theater at NW- SCC behind gym 📍 800 George Wallace Blvd Muscle Shoals AL 35661	Northwest-Shoals Community College 📍 800 George Wallace Blvd Muscle Shoals AL 35661	Northwest-Shoals Community College 📍 800 George Wallace Blvd Muscle Shoals AL 35661

We are hoping for a Classic Game Day; however, IF we need to adjust due to Covid, we can perform Game Day at individual schools, in smaller groups on both November 19 and 20th. We will need MANY referees to do that (as we did last year.) Your help is very valuable to us as a hub; and it helps you make a difference in the lives of many students!



**MY ROOSTER STORIES AND MORE!**  
**by Joan Marsh**

One time Grandpa Floyd gave us a baby chick when we visited them. My brothers and I were so excited to have a new pet. It was a rooster; and we had it for about a year. We never named it, and just called it “Rooster”.

We had no coop to put Rooster in, so we made a bed of straw against the back of our house; and we put an old wooden chair next to it so we could hold and pet him. He would sit calmly and quietly for long periods of time. We fed Rooster mostly table scraps. He rarely ever left our yard; but he did venture out when he got older.

A lady in our neighborhood called to inquire about whose rooster it was. We told her that he belonged to us. I suspect she already knew that. She was upset, saying that Rooster chased her dog all the time; and she wanted that stopped! Much to our dismay, we ended up taking Rooster back to Grandpa’s farm.

Below is a picture of my Uncle Garrett, Grandpa Floyd, and Grandma Mattie Greene feeding some of their chickens in their back yard. Behind them is their food storage facility for canned goods. It was dug out of a hill; and thus was cool. Shelves were also dug on each side. I remember it’s being filled with things my grandmother had canned. In later years, people had cellars or basements in which they stored their canned goods.

You will notice that my Grandpa has on a long-sleeve white shirt. I never saw him wear any different kind of shirt.



Sometimes, when we visited, they would kill a chicken to cook. It was frightening to me as a child viewing them killing the chicken. They held the chicken’s feet and neck; pulled down on the neck, firmly twisting it upward fast and hard. When they felt a snap; the chicken began flapping its wings. This was nervous reflex. The chicken is not still alive. Some people hold the chicken until the twitching stops; while others put the chicken down and let it flop around, as the saying goes “like a chicken with its head cut off.”

They would then chop its head off, hang it in a bucket to drain the blood, and finally plunge it into boiling water long enough to get the feathers wet. This enabled removal of feathers to be easier.

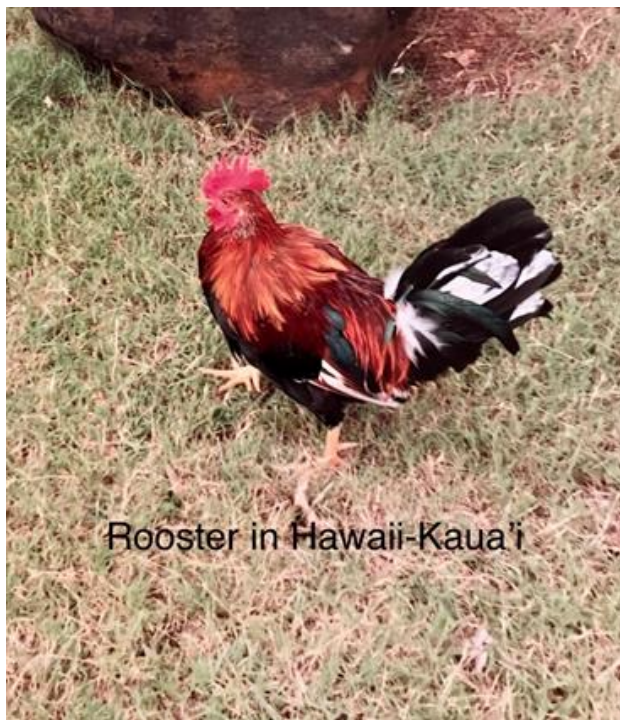
One time watching this process was enough for me; and I believe that I did not eat any of the fried chicken at the dinner table. I think of Mister Roger’s comment about his being a vegetarian. He said that he never wanted to eat anything that had a mother! This process does make one leary about eating animals. In later years, I visited a chicken processing facility (then known as Burnett Produce in Morristown, TN); and to me, it was sickening watching an assembly line with chickens having their heads chopped off. On down the line there were people who pulled the insides out. What a horrible job!

My other rooster story is about going to my Grandma Perkey's. Her chickens were on an area surrounded by a small creek that we had to cross. She would have us gather the eggs. This was okay with me as long as I did not have to reach under a chicken that was nesting.

There was a mean rooster that would chase us; and his spurs hurt if he was able to get close enough to us. I suppose the rooster thought we would harm the chickens, because they will attack predators. A good rooster keeps his eyes out at all times for trouble, and warns the flock with a series of low noises. This tells the rest to stay close to him and remain vigilant. Rooster spurs are hard and curl, developing a short tip. When a rooster attacks, he will often lead with his spurs. He will flap his wings, allowing room to lift his feet off the ground and aim them at you. I was scared, and always ran when I saw him coming near.

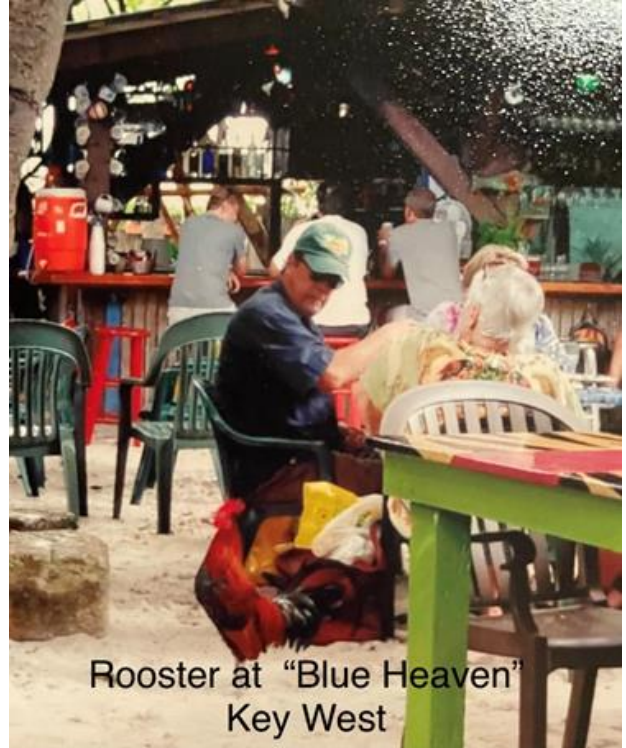
The Emmaus group that I am a part of uses the rooster as a symbol of God's colorful creation and His great love for each of us who are also of "many colors." Some beautiful roosters are shown at fairs and other venues.

In my travels, many places have allowed the roaming of chickens in parks and in outdoor restaurants. The pictures below were taken in Hawaii, Bahamas, and Key West, Florida.





I read in the paper recently that backyard chicken flocks spiked in popularity due to the COVID-19 pandemic. Tractor Supply stated that they sold twice as many birds as was normal in the pre-COVID year. Young kids hold, love, and help take care of them. Who would have ever thought this would be a reality in the year 2021?



### Winning Essay by Deyanara Holt

The Tennessee Valley Authority or TVA has affected not only me but also the people that live in the U.S. from the start of its creation. This is evident in the creation of jobs during the Great Depression, providing much needed power to the Tennessee Valley, and two men that I respect worked for TVA after leaving the military.

TVA started with two different version of the Muscle Shoals Bill which was vetoed by Calvin Coolidge in 1928 and Herbert Hoover in 1931 (Tennessee). It would be several years and Theodore Roosevelt to bring the TVA into being. (TVA) When Roosevelt came into office during the Great Depression, he initiated the “New Deal” to help America recover. TVA was part of that deal, created in 1933, to help the hard-hit Tennessee Valley and to improve its quality of life. TVA built villages for those who would work at the nitrate plants and hydroelectric dams as well as their family. These villages were in the shape of bells and had schools and officer’s barracks. (Causey)

In the 1950s, TVA served as the nation’s largest self-financing electric supplier; that means that people were less likely to pay taxes for it to keep it running. Further, they created a nuclear plant in the 1960s to help expand capacity as a response to the growing economy, which means more room for improvement and more advancements in groundbreaking discoveries. When America was experiencing a rise in energy cost, the Tennessee Valley Authority successfully stopped it from the 1970s through the 1980s. In the 1990s, “they kept wholesale electric power affordable and reliable”, as well as discovering new clean air strategies. So not



Scholarship Luncheon. From left, Ansley Hines, Joan Marsh, John Ingwersen, Deyanara Holt

only were they making electricity cheap for the average American consumer to use but also keep the environment clean and healthy. And lastly, in the 2000s, as power demands grew, they turned to trying out nuclear which happen to launch the first green power program in the southeast that is still going strong today. Many schools have a green power team that build and race cars using greener and cleaner solutions. (Our History)

Finally, two men I respect who worked for TVA after serving in the military are my grandfathers. First is Joseph F. Holt who worked for TVA in Muscle Shoals. He worked as an iron worker for the majority of his time with TVA and then in later trained to go to Colorado to help dispose of lethal gases like mustard gas. Second is James T. Bolen who worked at the Colbert Steam Plant in Tuscumbia. TVA hired him in Muscle Shoals, and he started working at John Severe in Rogersville, Tennessee. He started as a student steam plant operator and worked his way up to unit operator.

Ever since TVA came into being in 1933, America has thrived, more now than ever. Electricity is affordable, green power vehicles are being made and distributed, and we have progressed into a new future. America has put the travesty that was the Great Depression behind them. Even though there was a depression in 2008, it was nowhere near as catastrophic as the previous one. And it's thank to, in part by, the Tennessee Valley Authority.

### **Reader's Comment**

“Thank You Jean, John, and John for all you do on behalf of the retirees. It's been a tough last year in many ways; but your newsletter efforts have been a consistent bright spot.”  
Bob Marks

Thanks for your email. It means a lot to all of us, as we hope our newsletter does to you. Please send us more comments and/or articles – everyone will appreciate YOU!

### **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](mailto: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.