

TVARA NEWS

The TVA Retirees Association

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

TVARS Relying on Investment Pros in Troubling Times for U.S. Economy

By **JUSTIN VINEYARD**
Senior Retirement Consultant
& TVARA Liaison, TVA Retirement

During this time of uncertainty, the TVA Retirement System wants to assure you it is actively engaged to manage the TVARS funds to maintain the long-term viability of the system.

TVARS assets are invested in diversified assets managed by well-respected investment professionals with a long record of strong performance through challenging periods like these.

Due to the financial markets' volatility, TVARS reports that for the quarter ending March 31, investments were

down 12.85 percent, while system assets finished March at \$7.1 billion.

Board Information

Due to the focus on the health and safety of employees, our search committee has delayed the search for a seventh director for the TVARS Board. Although we are slowing the process, we continue to plan to complete the search by later this year. The 43 applications we've received from TVA retirees underscore the importance all retirees place on this position.

Members of the search committee will use the resources of Aon Consulting to develop a best-practice selection approach and support us through this process. We look forward to working with these seasoned professionals, and we appreciate your continued support.

New Board Member

TVA Chief Executive Officer Jeff Lyash appointed Eric Davis to the TVA Retirement System Board effective

Continued on page 5

Stay Well, Stay Safe, Stay Strong...

By **VICKIE ELLIS**, TVARA Valleywide President

I hope this newsletter finds you safe and well.

We have been experiencing truly unsettling times with social distancing, wearing masks and gloves, and working from home as our new norm.

We also are mindful of those who have experienced COVID-19 firsthand and those who have lost friends and loved ones to the illness.

The situation is different in every community we live in. Whatever your situation and that of your community — please stay safe.

Our TVA Retirees Association staff has been working from home since March for the most part. We are able to do most things and can certainly answer emails and phone calls.

Don't hesitate to contact us if you need assistance. We will find the answer or refer you to the proper resource. We are not sure when we all will be able to return to the office.

In the meantime, we have been posting important information to the TVARA website, mytvara.org. Please check it out to see information on benefits and an update from Retirement Services.

The website contains information on what Medicare and insurance will pay for COVID-19 illnesses. TVARA staff members and TVARA's benefits committee led by Tom Swanson continue to work with the TVA Benefits Staff on benefit issues that are important to our members.

More information will be provided soon regarding these efforts.

Eric Davis has been appointed by TVA to the Retirement System Board effective April 1. He replaced Tammy Wilson. (See details in accompanying

Continued on page 5

DISCLAIMER: This issue was published in mid-May, so details about COVID-19 may have changed.

INSIDE THIS ISSUE:

TVA News	2	Mastering Gardening	13
COVID-19 Changes Benefits	4	In Memoriam	14
HSA's & CARES	5	Chapter Meetings	15
Summertime Down Under	6-9	Picnic/Luncheon & Pandemic	15
Thoughts on Adaptation	10	First-Quarter Rain Reigns	16
The Life & Loves of Austin Payne	11	Teaming To Help Others	16
Preserving TVA's Past	12		

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Or call TVA Employee Benefits
toll-free at 1-888-275-8094
Over 65? Call Via Benefits
(formerly OneExchange) toll-free
at 1-866-322-2824

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Retirement Services Information
Call the Bank of New York Mellon
toll-free at 1-877-876-4975

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.

TVARA NEWS & NOTES

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

Caution important key in reopening public lands

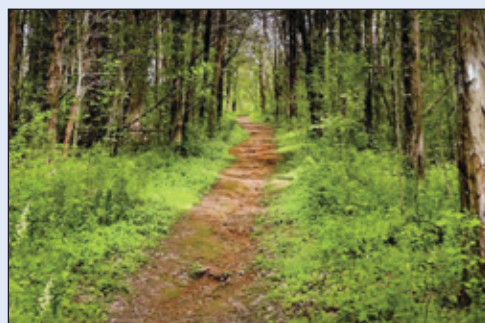
Decisions on how and when to lift restrictions due to the coronavirus came under discussion every day at TVA, and recreational areas were no exception. As of April 29, the "big six" campgrounds on dam reservations remained closed, along with many public-gathering areas and public bathrooms. However, most trails, fishing areas, and boat ramps stayed open. But when to reopen everything? TVA's Natural Resources group was monitoring the situation daily.

"Unfortunately, it's just not a case of throwing open the gates and everything goes back to normal," said TVA Natural Resources Director Bucky Edmondson. "When this all started, we realized pretty quickly that people were congregating in the public areas and not really observing social distancing, so we closed off the playgrounds, picnic areas, swim beaches, things of that nature, to discourage crowds from gathering. We're concerned not just about our visitors but about TVA staff who maintain those areas."

Reopening in phases

Edmondson and his team were in daily communication with River & Resources Stewardship Vice President David Bowling, who leads TVA's overall COVID-19 response. TVA Police and Facilities Management were also part of the discussion. In addition, Natural Resources has been communicating with public-lands agencies in other states to share information.

"We expect to take a pretty careful approach, with things reopening in phases," Edmondson said. "We're communicating closely both with state and federal organizations, and we'll be relying on federal guidance in these decisions, too."



TVA's Melton Hill Trail

Normally, Natural Resources Public Outreach Manager Rachel Terrell would have been in the thick of supporting the many public cleanups that take place each year around Earth Day in April, in which TVA, its partner organizations, and thousands of volunteers remove trash and litter from public land and waterways. But this spring, like so many other things, cleanups were on hold.

"We had a lot of high water again this year, and high water always brings in new debris, so we knew we'd have our work cut out for us when we can do cleanups again," she said. "We're working closely with our partner groups as they work to reschedule events. At this point most of them are looking at fall dates, and there may be more numerous but smaller cleanups once things get going again."

TVA's PLIC a helpful lifeline

Employees working at TVA's Public Lands Information Center have been fielding a record number of calls from Tennessee Valley residents and visitors wanting to know what's open and what's not. The information center is staffed to answer calls and email queries from the public.

"People love to get outside and enjoy the region's beautiful public lands and lakes, and I sure don't blame them," Edmondson said. "I do, too. And especially with the weather warming up, we know that residents and visitors are anxious to plan camping trips and family vacations. We're looking forward to reopening things as quickly as we can, but it will be a careful, coordinated effort because there are so many factors to consider. We ask two things: patience, and to keep an eye on TVA.com for the latest information."

There are still places to visit

Despite existing closures, a great majority of TVA's trails and boat ramps remained open, and lakes were not restricted to visitors. TVA's undeveloped lands also were open.

If you plan to visit:

- Before you go, check TVA.com/coronavirus for the latest information on closures.
- Please, Leave No Trace! Remove your trash and make sure campfires are fully extinguished.

- On trails, practice social distancing. Allow plenty of room between yourself and other visitors.
- Public bathrooms were still closed as of this writing, so plan accordingly.
- Observe all signs and safety notices as you always would.
- If you notice gates, fences, and such that have been tampered with, please inform TVA Police toll-free at 1-855-476-2489.



Earth Day, every day, reducing emissions

As the world dealt with the effects of COVID-19, this year's Earth Day was, no doubt, different. But the virus hasn't changed TVA's commitment to protecting our Earth.

Take, for example, TVA's work to transition its energy-generation fleet for a low-carbon future. TVA's strategy includes the continued development and deployment of a diverse portfolio of energy resources to reliably and affordably serve its communities with a focus on reducing carbon emissions.

"Reducing our carbon emissions and helping other companies reduce their carbon emissions helps protect the environment," says Rebecca Tolene, TVA Vice President, Environment, and Chief Sustainability Officer. "As we lower our collective carbon numbers, we also give the Valley an advantage in a competitive economy to create jobs, sustain economic growth, and make lives better for those who live and work here."

Meeting TVA's goals to reduce carbon emissions

Today, 54 percent of TVA's energy supply is from carbon-free sources, and that is on track to reduce CO₂ emissions by 60 percent from 2005 levels by the end of 2020.

TVA is achieving its CO₂ goals by creating a more balanced portfolio. While renewables play an important role, there are many other components in TVA's effort. TVA has

constructed new lower-emitting natural-gas plants, increased its nuclear capacity, and continues to optimize its hydropower plants.

Helping customers, others cut emissions

TVA isn't just focused on reducing its carbon emissions. It is focused on helping local power companies, directly served customers, and other businesses measure and reduce their carbon emissions, as well.

Through its carbon-competitiveness program, TVA provides these businesses with personalized carbon-rate information, as well as suggestions on ways to further reduce their CO₂ emissions — including the electrification of the customer's CO₂-emitting sources, such as space heating and transportation.

The carbon-rate information includes each company's carbon emissions related to its electricity purchases, its renewable-energy-certificate adjustment, and information on how the company's CO₂ emissions compare with regional/national standard average rates. The customized CO₂ rate also reflects energy-efficiency measures the company employs onsite, such as planned energy usage around lower carbon-emitting hours.

TVA's unique carbon accounting is recognized as a best-business practice. In addition to providing the information, TVA representatives often meet with companies to assist them with their CO₂ accounting and reduction options.

Businesses, Valley benefit from carbon accounting

Businesses and the Tennessee Valley as a whole benefit from carbon accounting. Businesses' customers and investors are demanding the information. Studies have shown that disclosing and improving carbon performance helps increase a business's earnings, attract investment, and benefit sustainability ratings.

"Environmental excellence and sustainability are important to companies that might be looking to move to the Tennessee Valley or might be looking to build new operations here" Tolene says. "TVA is happy to be able to help our customers, businesses, and our communities identify accurate carbon numbers and ways that, collectively, we can further reduce carbon emissions."

TVA also is recognizing Valley businesses that are carbon leaders in their communities. For companies committed to achieving lower CO₂ emissions, TVA started recognizing direct-serve businesses with the TVA Carbon Reduction Award and extended this recognition last year to local power companies that are large customers.

Reducing emissions aligns with TVA's overall mission

"Sustainability for TVA means ensuring our ability to provide the people of the Tennessee Valley with low-cost and reliable Electricity, a healthy Environment, and a prosperous Economy — without compromising the ability of future generations to do the same," Tolene says. "Our efforts to reduce carbon emissions are a terrific example of our commitment to sustainability, the aforementioned 'three Es,' and our overall mission of making life better in the Valley."



HCMR Chief Josh Little (left), TVA's Jason Nutz

TVA fleet vehicle helps local agency

TVA's mission to make life better for those around the Valley is not just limited to megawatts, the many recreational venues it stewards, or the economic development deals that bring thousands of jobs to its seven-state service region. It specializes in the smaller things, too — like donating fleet vehicles to nonprofits in need.

Thanks to a March donation to Hamilton County Marine Rescue, one of TVA's retired fleet vehicles is now helping serve firefighters, paramedics, and other emergency responders in the Chattanooga area. HCMR also conducts a number of services on the river, such as body recovery, sonar search for missing persons, and support of numerous public events held on the waterways around the city.

During the days following the April 12 Chattanooga tornado, the 10-person HCMR

Continued on page 13

COVID-19 Brings Benefit Changes To Support Employees, Retirees, Families

By **JERRY LANDON**, Senior Program Manager, TVA Healthcare Plans

TVA is committed to putting people first, and that all starts with the health and safety of its employees, retirees, and their families. In these unprecedented times, TVA has been making enhancements to its benefits in response to COVID-19, including taking maximum advantage of the latitude provided by new legislation.

Changes in the pre-65 TVA medical plans (80 Percent PPO and Consumer-Directed Health Plan, or CDHP) include:

- Waiving all member cost sharing for COVID-19 treatments, including hospitalizations, through Dec. 31, 2020. Typical deductibles, co-pays, and co-insurance will **not** apply.
- Waiving all member cost sharing for using PhysicianNow, TVA's primary provider of telemedicine services, through Dec. 31, 2020. Typical deductibles, co-pays, and co-insurance will **not** apply to the PhysicianNow visit. (If the PhysicianNow visit results in a prescription, the member would still be responsible for the usual member cost share on the prescription.)
- Expanding access to telehealth services by covering virtual visits with traditional "brick and mortar" network providers.
- Waiving member costs for any appropriate FDA-aligned coronavirus test, including related office visit, urgent care, or ER expenses.

Telemedicine options

With many medical facilities operating at maximum capacity, it may not be easy to see a doctor or nurse on short notice. Or you may be concerned about visiting your medical provider. At times like these, "telemedicine" — medical consultation available via phone or video chat — can be a great option.

This year Medicare began paying for most telemedicine services. This means patients can connect with their doctors by phone or video chat, and benefits will be paid just as an in-person office visit would be. Check with your doctors to see if this is an option they provide.

Medicare Advantage and Medigap (Medicare supplement) plans typically cover telemedicine, as well, but the exact coverage and requirements are dependent on the specific policy. Contact your insurance carrier for details.

More information on Medicare and the coronavirus is available at [medicare.gov/medicare-coronavirus#400](https://www.medicare.gov/medicare-coronavirus#400).

Pre-65 retirees in TVA medical plan

For retirees or their dependents enrolled in one of TVA's medical plans (80 Percent PPO or CDHP) have two telemedicine options: PhysicianNow and Nurseline.

PhysicianNow is a convenient, lower-cost option to speak to a physician. Board-certified physicians can consult with you by phone or secure video 24 hours a day to diagnose symptoms, treat non-emergency medical conditions, and prescribe non-narcotic medications for pickup at the pharmacy of your choice.

(Please note that PhysicianNow cannot order a coronavirus test. You will be referred back to your physician or emergency room, depending on the severity of your symptoms.)

Consultations are usually subject to a service fee of \$40, but TVA is waiving these fees through 2020.

Don't wait until you are sick to register. Getting started is free and easy. Log in to [bcbst.com](https://www.bcbst.com) and click on the Managing Your Health tab to register directly on the site. Or call the toll-free number, 1- 888-283-6691, and speak to a representative who can walk you through the process.

In addition to the PhysicianNow and Nurseline options, your local medical provider may provide telemedicine services during the COVID-19 health crisis. Through June, TVA's medical plan will cover these virtual visits and phone consultations with primary-care providers, specialists, and behavioral-health providers in the BCBST network who offer this service. The same deductibles, co-pays, and co-insurance as a traditional office visit will apply.

Tips for the times

Especially in these times, want to avoid a trip to the bank? Consider direct-depositing your Health Reimbursement Arrangement payments.

Direct deposit is a convenient feature that allows Via Benefits to deposit reimbursements from your HRA funding account into your checking or savings account, rather than mailing you a paper check. The fastest and most convenient way to enroll in direct deposit is to activate this feature online at my.viabenefits.com/tva.

You can also enroll in direct deposit by faxing or mailing your completed direct-deposit-authorization form to Via Benefits. If you need assistance with getting a form or have questions about direct deposit, call Via Benefits toll-free at 1-844-620-5725.

Be sure to provide TVA's Benefits group with your current personal email address and keep your other contact information up-to-date. Simply email TVAEmployeeBenefits@tva.gov with the information.

CARES Act Expands HSA Uses

By SANDIE SMITH, Program Manager, TVA Benefit Accounts & Incentives

If you have a health savings account, you now can use it for more qualified expenses than in years past.

Thanks to the Coronavirus Aid, Relief and Economic Security (CARES) Act, you can use your HSA funds to buy over-the-counter medications such as Tylenol and other pain relievers, heartburn medications, allergy relief, and more, without a prescription for the first time since 2011. You can also use your funds for feminine-care products, including tampons, pads, liners, cups, sponges, and other like items, for the first time.

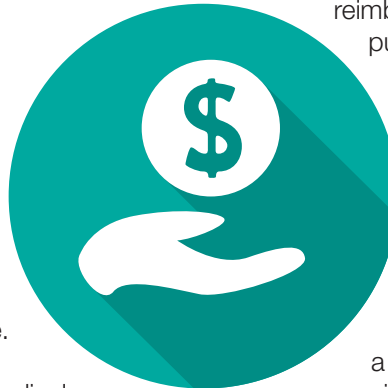
This account lets you use pre-tax dollars on medical costs, which saves you money in the long run. Make a plan for how to get the most out of your contributions.

The changes to eligible expenses are effective retroactively to Jan. 1, 2020. If you purchased OTC medicines or

feminine-care products this year, contact your HSA customer-service department to see if you can be reimbursed now. View some of the newly allowed purchase items on the HSA Bank website (hsabank.com/hsabank/learning-center/irs-qualified-medical-expenses).

Of course, you can still use your funds for prescriptions, contact lenses, and medical bills including co-insurance, co-payments, and deductibles.

If you have some extra time now, create a “medical expenses” folder to keep your receipts organized (if you receive digital receipts or bills, then keep them in a single folder on your computer desktop). Schedule some time every few months to file a claim with your HSA to be reimbursed for your medical expenses. This will ensure you’re getting the most out of your money.



TVARS Relying on Investment Pros...continued from page 1

April 1. Davis replaced Tammy Wilson on the TVARS Board. Davis has 20 years of finance/investment experience at TVA and holds the Chartered Financial Analyst designation.

He currently serves as Senior Manager, Investments, in Treasury,



responsible for the management of TVA’s investment-trust assets, including the Nuclear Decommissioning Trust and Asset Retirement Trust. He was previously on the TVARS staff from 2010 to 2013.

Tammy Wilson has served on the TVARS Board in various roles since May 10, 2010, including recently as Vice Chair. TVARS appreciates the service and dedication she has provided to the TVARS Board.

Bank of New York Mellon

To log in to, update, or create your retirement account, visit bnym.accessmyretirement.com. You will need your 15-digit Bank of New York Mellon account number found on any BNYM direct-deposit statement, or you can call BNYM toll-free at 1-844-545-1256 with questions.

If you have any retirement-related questions, we are available by email or phone. Please email retsvcs@tva.gov or call toll-free at 1-800-824-3870.

Stay Well, Stay Safe, Stay Strong...continued from page 1

TVARS article on page 1.)

With this issue, we are starting a new series highlighting our members who have serious hobbies or great collections. We are kicking off that series highlighting Stephen Pope from the Johnsonville Chapter, who is a Master Gardener.

If you have a hobby or collection you would like to share with your fellow retirees, please send your information to Theresa Habiger at thabiger@

charter.net, and we will help you work on a story. Photos are great, too. We look forward to hearing about your interests!

A large majority of retirees have already paid TVARA membership dues for this year. Dues continue to be \$15.

We thank you for your continued support of TVARA. We are here to serve you, so do not hesitate to contact your chapter president or any of the Valleywide officers.

Lastly, as a reminder, we send emails to members about the business of TVARA, especially related to the status of the Retirement System and benefits issues.

To ensure that members receive the latest information, you are encouraged to have your email addresses on file with us. Addresses should be sent to Reba Whitson at rjwhitson@tva.gov.

Stay well and stay safe.

Enjoying Summer in the SOUTH PACIFIC

By JO ANNE & NEAL LAVENDER

On Jan 1, 2020, the two of us left Knoxville for a five-week trip to the summertime South Pacific — Australia, New Zealand, Fiji, and other South Pacific Islands.

We flew from Knoxville to Los Angeles and then to Sydney, Australia. We left on Wednesday afternoon and arrived in Sydney on Friday morning. Since we had crossed the international dateline, we lost a day — but we found it on the way back.

The actual travel time was 24 hours.

Australia

We had traveled to Sydney in March of 2018, so we knew what to expect in the air travel and in visiting that city.

But there was one big difference this year: Australia had been in a drought for months. Sydney had not had one drop of rain since September. The temperatures in Australia had been extremely high, and bushfires were raging all over the country.



Neal and Jo Anne Lavender, with a furry koala at the Featherdale Wildlife Park near Sydney

There were no bushfires in Sydney. However, depending on the wind direction, Sydney could be almost clear to heavily smoke-filled.

Every night on TV, there were warnings about where the fires were and where to prepare to leave immediately. Then a short while later, there would be a message that said it was too late to leave and to shelter in place.

However, Sydney still was a wonderful place to visit. We stayed at a great hotel at Circular Quay, a very busy harbor for ferries that travel to other parts of Sydney and neighboring towns.

It is located next to the Sydney Opera House, the



Outdoor market and sidewalk cafes at The Rocks, Sydney



View of Sydney Opera House from Lavenders' hotel room



Bondi Beach, Sydney



A sweet mother kangaroo with her joey at the Australia Zoo

Royal Botanical Garden, and The Rocks Market, which is the oldest part of Sydney, as well as the downtown area of shops, restaurants, businesses, and parks.

It was a great location to begin our travels every day. We visited some of our favorite spots from our last visit — Bondi Beach and Manly Beach. These beaches are massive and beautiful. They have a large contingent of outdoor cafes behind the beaches, which make it easy to spend the day there.

We took tours of all kinds: bicycle tours, walking tours, ferry tours, bus tours, zoo tours. We saw some of our favorite spots and explored new ones. We enjoyed different restaurants every day. Yum! On Sunday, we went to Hillsong Church, where the popular Hillsong worship music was created.

We enjoyed a night at the Sydney Opera House, seeing the opera “La Boheme.” The Opera House is quite a feat of engineering and design. It has many venues inside it and a diverse set of entertainment.

We went to two wonderful zoos in Sydney that highlighted many animals only seen in Australia. We saw koalas, crocodiles, kangaroos, platypuses, wallabies, Tasmanian devils, dingos, and many other Australian animals.

New Zealand

After five days enjoying Sydney, we left for New Zealand on the Majestic Princess cruise ship right out of Circular Quay. It is a beautiful, large 2-year-old ship.

It took two days to get to the first port in New Zealand. On the third day we visited the Fiordland National Park, which consists of several magnificent fiords with towering mountains on each side of them.

The next day we visited Dunedin, a city on the South Island of New Zealand. We noticed immediately the

lushness of the countryside compared to drought-stricken Australia. We visited Dunedin Train Station, which has an elaborate Victorian façade, and toured Larnach Castle, which preserves the baronial lifestyle of the 180's.

The following day we docked at Akaroa, also on the South Island. We took a tour of Christchurch. In 2010 and 2011, Christchurch had two devastating earthquakes. More than 185 people were killed and most of its buildings damaged.

Many buildings have been replaced. However, much damage remains, and the city is still in the process of recovery.

We went to a beautiful sheep farm some distance away on a mountainside. The award-winning owner demonstrated

Continued on next page





Dressing up for the occasional formal nights



Christ Church Cathedral, built in the 1800s, is still under repair from 2010-2011 earthquakes, in Christchurch, New Zealand.



Dunedin Train Station, New Zealand

how he trains dogs to herd the sheep. He gave them whistle instructions, which they obeyed, to bring the sheep down to us.

The following day we went to Wellington, the capital city of New Zealand. We chose to go on a “Lord of the Rings” tour. We first went to a wooded area where parts of the movies were filmed. Then we went to the Weta Cave, where all the props, costumes, and special effects for those movies were made.

The next day was a day at sea, and the morning after that we docked at Tauranga. There we went on a tour to learn more about the Maoris, the original people who inhabited New Zealand beginning in the early 1300s. They came from Polynesia and developed their own distinctive culture, language, crafts, and performing arts.

Maori people treasure their heritage and keep their traditions alive. At the Maori Arts & Craft Center, we viewed many artisans and trainees creating beautiful wood carvings, stone carvings, and woven crafts.

We also watched a performance of a Maori dance (haka) and songs and the hongi — welcoming of visitors by pressing together noses and foreheads. Kia Ora means welcome in Maori language and is used frequently in New Zealand

Near the Arts & Crafts Center were thermal pools and geysers similar to what you would see at Yellowstone. It is said that New Zealand has every geographic feature on Earth — just on a smaller scale. They even have glaciers on the South Island.

The following day, we were in Auckland. We decided on a wonderful cycling tour around the city’s waterfront, which is several miles long. The day was so beautiful, as was the shoreline. We also cycled up a mount to get a spectacular view of Auckland.

Auckland is the largest city in New Zealand, with a population of 1.5 million, 30 percent of New Zealand’s total population. The waterfront downtown was buzzing,

construction everywhere, as the city is preparing to host the 2021 America’s Cup Race in March.

The next day, our last day in New Zealand, we went to the Bay of Islands. We visited Kerikeri, which was the first European settlement in New Zealand, and the Waitangi Treaty Grounds, where the Maori chiefs and the British signed a treaty in 1840.

That evening we departed for Sydney. It took two sea days to return there.

We enjoy sea days. There is so much to do or not to do — your choice. Sometimes we just read; other times we went to interesting sessions.

One of us (Neal) joined the ukulele band and the pop choir. We enjoyed meeting people from around the world at our



Auckland, New Zealand, from the riverfront greenway



A geyser and mineral terraces at the Te Puia Thermal Reserve, Rotorua, New Zealand

meals. In the evenings, we went to the shows — Broadway-type shows, amazing instrumentalists, singers, and comedians. Afterward, we would dance to our favorite band's music.

New Caledonia, Vanuatu, & Fiji

We arrived back in Sydney on the morning of Jan. 21. We left that afternoon on the same ship for the South Pacific islands. It took us two sea days sailing northeast to get to New Caledonia, a French territory.

Our first stop was Noumea, the capital city.

We went to a UNESCO World Heritage Site to snorkel. It did not disappoint. Wonderful sparkling water, bright coral, and teeming with fish and sea turtles! The highlight was when a very large sea turtle swam under me (Jo Anne) by just a few inches. The encounter was captured on video.

Our next stop in New Caledonia was Lifou.

Luecila Beach was our destination, where we enjoyed a beautiful white sand beach unspoiled by development, with time to swim, snorkel, and appreciate the beauty.

Our next port was Port Vila, Vanuatu, an independent country.

We had a wonderful drive through several villages and observed the beautiful scenery and the Melanesian homes and gardens. We enjoyed a glass-bottom-boat ride and then lots of time for snorkeling. The view was amazing, with the crystal-clear water, green foliage, white sands, blue skies, and white clouds.



The very large sea turtle Jo Anne encountered snorkeling at the UNESCO World Heritage Site, Noumea, New Caledonia



Women, with their babies, selling handicrafts at Dravuni Island, Fiji



Young apprentices learn traditional wood-carving skills at the Maori Arts & Crafts Center in Rotorua, New Zealand.

pools, the beach, the ocean, a fantastic buffet lunch, and a performance of traditional Fiji dancing.

The following day we were in Savusavu, Fiji. We went to one of our best snorkeling sites of the trip, Lighthouse Reef. The colorful corals, the diverse fish, and other marine life were mesmerizing.

Our last day in Fiji was at Lautoka. We traveled an hour to reach the Hilton Resort. Again we were spoiled with beautiful pools, beaches, buffet lunch, and Fijian native dances. We tried to soak up all of Fiji's beauty and warmth that day to last us through the rest of the East Tennessee winter.

One of the treats of being in Fiji was getting to know several of the Fijians. We had marvelous guides who told us of the culture and the history of Fiji. Fijians are a warm, friendly people who welcomed us with an enthusiastic "Bula!" Bula means life and essentially means they are wishing us Good Life or Good Health.

We had two more sea days to return to Sydney, and we took advantage of them. On Feb. 4, we got off the ship and went to the airport. Our flight left at 11 a.m., and we were in Knoxville the same day at 7 p.m.

I told you we would find that lost day on the way back.

(Jo Anne Lavender retired from TVA in 1999 and is President of the Knoxville TVARA Chapter. She was Manager, Information Systems Development Division, for the Resource Group for many years. She then became Director of the Information Systems Planning & Control Division for TVA's Information Systems organization. After leaving TVA, she joined Senn Delaney Leadership Consulting Firm [STAR 7]. More recently, she has worked with several TVA organizations through Retiree Resources Corp., a part of Bicentennial Volunteers Inc. Neal Lavender retired from TVA in 2004. He was Manager of the Rates Design Section for many years. His last role at TVA was in industrial recruiting in Economic Development. After retirement, he has enjoyed golfing, fly-fishing, woodworking, being with his and Jo Anne's children and grandchildren, and planning their next traveling adventure.)

We had another day at sea before arriving at the first of four ports in Fiji.

Our first stop was at a very small island with only 200 inhabitants. We enjoyed our time snorkeling, swimming, and walking on the beach on this truly unspoiled island.

The next day we were in Suva, the capital city of Fiji. On this excursion, we opted to go from the undeveloped island experience to a resort with all the amenities. We enjoyed the

Adaptation ... Notables on Adjusting to Life's Problems

The Progressive Farmer magazine has a regular feature, quoting notable individuals on various topics, including the now quite timely subject of making adjustments to problems great and small.

Here are selections from the magazine's January 2020 issue:

When you are finished changing, you're finished.

— BENJAMIN FRANKLIN

If you always do what you've always done, you always get what you've always gotten.

— JESSIE POTTER

Change is the law of life. And those who look only to the past or present are certain to miss the future.

— JOHN F. KENNEDY

Adaptability is not imitation. It means power of resistance and assimilation.

— MAHATMA GANDHI

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man.

— GEORGE BERNARD SHAW

You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.

— BUCKMINSTER FULLER

Be willing to shed parts of your previous life.

— GAIL SHEEHY

The way I see it, if you want the rainbow, you gotta put up with the rain.

— DOLLY PARTON

Your life does not get better by chance, it gets better by change.

— JIM ROHN

If we wish a change to be as radical as possible, we have to apply the remedy in small doses, but unremittingly, for long periods. Can a great action be accomplished all at once?

— FRIEDRICH NIETZSCHE

When you can't solve the problem, manage it.

— ROBERT SCHULLER

It is not the most intellectual of the species that survives: it is not the strongest that survives; but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself.

— LEON C. MEGGINSON

When we cannot act as we wish, we must act as we can.

— TERENCE

Payne Loved His Cars — and His ‘Car Buddies’

TVA retiree Austin Payne Jr. of Lenoir City, Tenn., died in February during surgery. He was 76 years old. Payne retired in 1998 as a Warehouse Supervisor at the Hartsville Nuclear Plant, where he was responsible for helping sell off equipment after the plant closed. An avid “car person,” he is remembered in this article by his wife, Martha.

By **MARTHA PAYNE**

I can say, quite assuredly, that after God and family, my husband Austin loved cars more than anything.

Austin never met a stranger, especially in the world of cars, be it the owner or the vehicle itself. His love of cars was evident throughout his life. He attended a great number of car shows during his lifetime, as well as owning numerous cars himself.

While working for TVA and living in Gallatin, Tenn., Austin purchased a 1964 Chevrolet Nova II — red and beautiful.

He babied that car and would dust it almost every day.

He won many trophies with the Nova and was always eager to speak with anyone who had questions about it.

Of all the cars Austin had over the years, the red Nova became my and our daughter Keri’s favorite car.

Many years later after Austin retired and we moved back to Lenoir City in East Tennessee, Austin’s aunt, who was in her 80s and lived in nearby Cleveland, gave him her 1967 blue Fastback Mustang.

You would have thought he had won the lottery.

He had always loved her Mustang and could not believe she actually gave it to him.

She had purchased the car new and had driven it very little. It had sat in her basement for many years.

The car was all original, and Austin was thrilled to have another car to take to car shows and to “Cars & Coffee” every month in Lenoir City.

Austin is missed so much by his family, but also by all those dear friends he worked with at all the various TVA locations. And I believe it goes without saying that he is missed by all his “car buddies” across the state, as well.



Austin Payne with wife Martha, daughter Keri Larson and her husband Tommy, and grandkids James and Mazie



Austin Payne and his red 1964 Chevy Nova II ...



... and his 1967 Fastback Mustang.



More car talk? If you have an old car, truck, motorcycle, jeep, or whatever type of vintage vehicle and would like to share stories about it in TVARA News, contact Theresa Habiger at thabiger@charter.net.

Mining TVA Memories from Decommissioned Plants

By **AMY BLANKENSHIP**, Strategic Communications Partner
TVA Human Resources & Communications

TVA has always been conscious of growing with the times in serving the Tennessee Valley. But with recent and continuing demolitions of TVA's fossil plants — John Sevier, Johnsonville, Colbert, and Widows Creek — some retirees are wondering: What about the history of TVA's past energy successes?

Since the demolition of John Sevier Fossil Plant, Bob Deacy, Senior Vice President, Generation Projects & Fleet Services, and Roger Waldrep, Manager, Decommissioning, have partnered with TVA's Historian Pat Ezzell to answer this question. How? By preserving materials within the plants as a way to memorialize the facilities and their employees.

Before decommissioning can begin at any plant, the team searches the location to see what items make the most sense for repurpose — lettering, photos, busts, and such. And, with the decommissioning of Widows Creek, the team found its most noteworthy item for preservation yet — a ceramic mosaic mural by TVA Artist Robert Birdwell.

"This abstract mural is unlike any other that Birdwell created for TVA both in medium and subject matter," Ezzell says. "It captures TVA's power program — highlighting stacks at the fossil plants, dams, and transmission lines. There is even a rocket blasting off, perfectly capturing the Space Age of the late 1960s."

The mural is made up of 126 painted ceramic tiles with glass to form the mosaics attached to the tiles, and it's very fragile. The team had to call in a Cincinnati firm, Fine Arts Conservation Inc., to help remove the mural. The Ohio workers carefully numbered each of the ceramic tiles after removing them from the wall, then put them in storage until their permanent placement can be decided.

But that's not the only unique piece that the team has preserved. According to Deacy, it has preserved white Alabama marble from the Colbert plant and installed it in the new Allen combined-cycle gas plant.

"We were surprised when we realized what it was," Deacy says. "Marble like that is rare, and you just don't see it in places because it's not available anymore. The marble and mosaic really are testaments to the unique impact our retirees had, and we're looking forward to telling employees' stories by preserving more like them."

The team so far has repurposed: the original "Built for the People of the United States" lettering and tan marble from Widows Creek Fossil Plant's Unit 1-6 lobby area; the bust of Major Thomas H. Allen that once stood in the Allen Fossil Plant lobby; the painted mural that was featured in the Johnsonville Fossil Plant lobby; and various other TVA-related materials from across the Valley.



Workers carefully remove pieces of the Robert Birdwell mural at decommissioned Widows Creek Fossil Plant.

The lettering and tan marble are already part of the lobby at the new Paradise combined-cycle gas plant, while the bust is in the newly constructed Allen plant lobby with the white Alabama marble. Other items are being placed in the Chattanooga Office Complex.

Though the mosaic mural doesn't have a designated site yet, the team believes it will tell future employees of their TVA heritage.

"These plants and employees contributed to the economic growth and prosperity in the region after World War II," Ezzell says. "We want to value that history — the legacy of our employees and these plants and the important service they provided to the region. The repurposing of the letters or marble from decommissioned plants into new plants helps us tell everyone:

"Your work is valued. You made a difference. You served the people well."

Deacy agrees.

"We value all that retirees have done to help build TVA into what it is today," he says. "Recognizing the past means to gain insight into the future, and that's why making our retirees' hard work the foundation of our plants today is so important. We wouldn't be here without them."

Mastering the Art of Gardening By STEPHEN POPE

When asked to submit a short biographical sketch for our Master Gardener newsletter, I was both challenged and humbled — challenged to somehow condense my lifetime into a CliffsNotes version and humbled that my newfound gardening friends would be interested in the journey that has placed me in their midst.



STEPHEN POPE

I attended college at Wesleyan University in Middletown, Conn., where I majored in French.

My studies included almost two years in Paris, France, and the summer of 1976 in Tanzania, East Africa, studying linguistics and Kiswahili.

Upon completion of my college studies, I relocated to the Carroll County, Tenn., woodland acreage my parents had purchased for their upcoming retirements.

Once they retired, I found employment with TVA in Chattanooga as an Instrument Mechanic at Sequoyah Nuclear Plant and soon thereafter married. I began my family with one stepson, and my wife and I had five more children.

Opportunities to return to West Tennessee were slow to come, so I accepted a position at Shawnee Fossil Plant in Paducah, Ky.

Eventually an opportunity arose at Johnsonville Fossil Plant, and I finished my employment there as a Maintenance Planner/Scheduler.

My post-retirement activities find me assisting my elderly mom in managing her 300 acres of woodlands and

maintaining the house and grounds.

I was blessed to acquire an additional 72 acres nearby with 13 acres of fishponds, so I'm now researching and learning pond management.

I love my life on the farmstead but find fulfillment sharing knowledge and experiences with my new Madison County Master Gardener's friends.

I have been blessed many times over in this journey through the years and pray that I will have the opportunity to share a few more.

I live by the motto: "The world is my temple; my life is my prayer. Amen."

About the author ...

Stephen Pope is a TVA retiree who serves on the Board of Directors of the Madison County Master Gardener Program, which provides volunteer services for University of Tennessee Institute of Agriculture Extension. Pope and other members of the program are trained to provide sound, practical, research-based information to the public in the area of residential and consumer horticulture. The preceding text is an article he wrote for the group's newsletter, describing the lifelong journey that led him to become a Master Gardener.

News & Notes...continued from page 3

team deployed its rehab unit — a long-retired, repurposed ambulance — to support service workers and a 1996 model truck to pull its boat. With its "new" TVA fleet vehicle officially online, HCMR hopes to shed those two dated assets and transition to an 18-foot trailer for its rehab unit.

"Words can't describe how grateful we are," HCMR Chief Josh Little says. "We don't get a lot of assistance, and we work under a very tight annual budget. Our department would have never been able to buy a vehicle like this without financing. I expect it to last us more than 10 years."

HCMR receives its operating budget from Hamilton County. Each year's budget is usually about \$25,000.

"If we identify a need that we can fill that aligns with our mission, then we should do that," says Nathan Stanfield, TVA Manager of Mobility & Investment Recovery. "We're being good stewards. You can't save the world, but you can make a world of difference to one organization here and there. Little gestures of kindness go a long way."

TVA begins retiring fleet assets at 125,000 miles or seven years of age. Once vehicles

hit these lifecycle benchmarks, they are sold at auction and replaced. Occasionally, used fleet vehicles that have exceeded their life cycle are donated to nonprofits.

When Mobility Specialist Jason Nutz learned of HCMR's request, he began looking for a fleet asset that would meet their need. Nutz found a four-wheel drive Chevy 2500 with a towing package and winch. The process took about three months.

"They couldn't have thanked us more," Nutz says.

In Memoriam

Feb. 1, 2020 – Apr. 30, 2020

TVA Retirement Management received notification of the deaths of the following retirees for the period February 1, 2020, through April 30, 2020, 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, please call the TVA Retirement System toll-free at 1-800-824-3870.

Adair, Theodore R., III,
4/7/2020 (1/1/2012)

Ahrens, Curtis L.,
2/10/2020 (12/5/1992)

Alavian, Vahid,
1/31/2020 (1/1/1995)

Beasley, Billy R.,
4/9/2020 (12/29/1981)

Bell, Danny J.,
2/12/2020 (10/14/2006)

Bivins, Claude V.,
3/8/2020 (8/30/1992)

Broadfoot, William J.,
3/5/2020 (12/11/1993)

Brooks, David M.,
2/24/2020 (12/14/2002)

Brown, C. Faye,
2/8/2020 (10/17/1994)

Bullock, Freddie L.,
3/21/2020 (6/16/2007)

Bunch, James K.,
3/11/2020 (7/16/1994)

Campbell, William Alton,
2/4/2020 (10/2/2005)

Canant, Gary W.,
1/3/2020 (7/30/1988)

Chung, Chin Ki,
4/12/2020 (6/2/1990)

Clark, Randall W.,
3/5/2020 (5/29/2004)

Clower, Charles A.,
4/3/2020 (10/9/1999)

Collins, Thomas P.,
2/9/2020 (7/3/2012)

Cooley, Donald L.,
2/11/2020 (12/24/1994)

Cooper, James R.,
2/20/2020 (7/30/1988)

Cox, Edward,
1/29/2020 (9/7/2008)

Davis, A. Jay,
1/11/2020 (7/16/1988)

Dickson, Samuel,
3/4/2020 (10/1/1988)

Dicus, Jerry W.,
3/20/2020 (5/1/2010)

Dowdy, Donald B.,
3/29/2020 (3/15/1992)

Easley, Randall E.,
3/26/2020 (6/16/2006)

Easter, John D.,
3/6/2020 (1/16/1999)

Eden, William B.,
3/28/2020 (8/31/1993)

Faust, N. Jewell,
2/22/2020 (10/1/1988)

Fincher, Clydie N.,
3/3/2020 (6/3/1989)

Ford, Cicero W.,
3/13/2020 (9/25/1985)

Foster, Thomas H.,
3/2/2020 (10/17/1994)

Fuller, Roy W.,
1/29/2020 (5-5-2001)

Garrison, Robert L.,
3/30/2020 (10/17/1994)

Glass, John R.,
3/28/2020 (12/1/1998)

Goebel, J.L.,
1/18/2020 (9/24/1988)

Gunn, Eddie L.,
1/29/2020 (6/8/1991)

Hale, L. David,
3/4/2020 (2/18/1998)

Hall, Eleanor O.,
1/30/2020 (5/6/1978)

Harris, Jerry E.,
4/23/2020 (10/5/1999)

Hitchcox, Alford C.,
2/23/2020 (10/17/1994)

Hobson, Paul L.,
2/19/2020 (5/20/1991)

Holden, William W., Jr.,
2/20/2020 (12/5/1994)

Holshouser, Talley L.,
2/4/2020 (6/5/2003)

Hope, Joseph R.,
2/27/2020 (7/30/1988)

Howard, Malcolm W.,
3/14/2020 (4/5/1986)

Hutson, Michael D.,
1/22/2020 (8/16/1988)

Jackson, James T.,
2/6/2020 (8/15/2000)

Jarvis, Robert W.,
3/6/2020 (11/2/1999)

Jennings, Robert S.,
4/8/2020 (1/5/1988)

Johnson, Betty Ann,
2/20/2020 (5/5/2001)

Jones, Herbert C., III,
2/22/2020 (10/17/1994)

Kemmer, Lawrence D.,
3/28/2020 (6/26/1993)

Lack, James K.,
3/13/2020 (7/7/1999)

Lewis, Robert E., Jr.,
4/2/2020 (3/8/1997)

Lindsey, Charles,
4/19/2020 (12/4/2001)

Looney, Alvin D.,
3/4/2020 (11/25/2004)

Machtloff, Janet J.,
3/31/2020 (Unknown)

Manning, Dorothy C.,
3/11/2020 (10/9/1976)

Martin, Menlow H.,
2/23/2020 (7/1/1989)

McLean, Moses,
3/18/2020 (9/3/1988)

Miller, Johnny Lee,
3/7/2020 (10/17/1994)

Miller, F. Stanley,
4/15/2020 (1/7/2006)

Moore, Maurice A.,
4/2/2020 (10/17/1994)

Morrison, James D.,
3/23/2020 (6/5/1999)

Owen, Richard V.,
2/3/2020 (10/1/1988)

Oxford, J. Jenson, III,
2/1/2020 (4/24/2000)

Park, David T., Jr.,
4/21/2020 (11/8/2008)

Patrick, Eldridge W.,
4/23/2020 (8/1/1988)

Payne, Austin F., Jr.,
2/3/2020 (6/20/1998)

Phillips, Roy A., Jr.,
1/1/2020 (1/1/1994)

Pierpoint, Melvin W.,
3/27/2020 (6/3/1989)

Puller, Edgar L.,
2/11/2020 (8/20/1988)

Ramsey, Maxwell D.,
4/13/2020 (10/17/1994)

Reeves, T. Michael,
2/28/2020 (5/8/1982)

Roberson, Charles R.,
1/9/2020 (3/16/1995)

Rye, Lynell E.,
4/18/2020 (6/8/1991)

Schenkel, Carol A.,
1/23/2020 (3/9/2013)

Schreeder, Thomas B., Jr.,
4/23/2020 (6/29/1991)

Shaver, Edwin E.,
1/21/2020 (8/5/1986)

Shipman, Samuel A.,
1/28/2020 (12/8/1997)

Shires, Sammy D.,
4/4/2020 (3/23/2004)

Sinkfield, Gerald A.,
3/7/2020 (6/19/2014)

Sivley, William C., Jr.,
3/15/2020 (9/9/2014)

Smith, Roy G., Jr.,
2/24/2020 (4/1/2006)

Smith, W. Faye,
3/1/2020 (11/29/1997)

Snow, Bobby J.,
2/16/2020 (12/30/1989)

Thomas, Roger F.,
2/9/2020 (1/1/2016)

Tortora, John F., Jr.,
4/24/2020 (12/8/2009)

Totten, William M.,
3/2/2020 (12/2/2000)

Tyree, William L.,
2/2/2020 (6/3/2000)

Wallen, Johnny C.,
4/18/2020 (2/28/1989)

Walsh, Fred H., III,
2/1/2020 (6/10/2006)

Wheeler, Charles L.,
4/10/2020 (10/17/1994)

Wigfall, Jimmy L.,
3/29/2020 (12/16/2012)

Wright, James M.,
4/22/2020 (6/29/1994)

Young, John T.,
4/17/2020 (10/17/1994)

Upcoming June 2020 Chapter Meetings

BROWNS FERRY — CANCELED

Browns Ferry Chapter meeting for June 9 is canceled due to risk of the coronavirus.
Terry Chinn, President
256-230-3660/terryandjanachinn@yahoo.com

CHATTANOOGA — CANCELED

June 9 Chapter Picnic Canceled
See you at our picnic next year.
Please protect yourself while away from the house.
Tom Swanson, President
423-344-6892/twswanson@comcast.net

CLEVELAND — CANCELED

May be rescheduled at a later date
John Austin, President
423-472-2720/austintnutfan@charter.net

GALLATIN — CANCELED

We will not be having our June chapter meeting.
Ronnie "Blue" Monday, President
615-325-9473/ronniemonday@att.net

HUNTSVILLE

June 11, 2020 10 a.m.
First Baptist Church, 600 Governors Drive
Entrance 3 (front-left of mosaic) Door Code 53158
Straight back Room 250 on left (formally Parlor)
• Program: U.S. Veterans Memorial, Huntsville
• Meal to follow meeting
Daniel A. Simmons, President
(256)509-9781/dasimmon@bellsouth.net

JACKSON

June 10, 9:30 a.m.
Southwest Electric Membership Corp.
1590 Highway 70E
• Guest Speaker: Brian Smith, TVA Customer Service Manager, TVA Update
• **Everything is subject to change due to the current state of affairs.**
Alan Campbell, President
731-988-8814/abclax@eplus.net

JOHNSONVILLE

June 11, 2020, socializing starting at 10 a.m., with meeting at 11 a.m.
Country & Western Steakhouse, Camden, Tenn.
• Program: Report on the TVARA Board Meeting/Conference Call on May 7
• Appoint Chapter Vice President
• Discuss grant from BVI for local food pantry
Meeting open to chapter members and all retirees in the area.
Mickey Blackburn, President
931-209-1352/mickeyblackburn36@gmail.com

KINGSTON

June 22, 2020, 10:45 a.m.
Kingston Community Center
• Program: TBD
Marcus C. Melton Jr., President
865-388-3919/mcmelton@nxs.net

KNOXVILLE — CANCELED

June 25, 2020 Picnic canceled due to Knox County reopening-plan guidelines; next chapter meeting will be Sept 10, 2020.
Jo Anne Lavender, President
865-300-8272/jillavender@tds.net

MEMPHIS — CANCELED

Memphis Chapter meeting for June 15 is canceled due to risk of the coronavirus. Please, everyone, stay safe.
David L. Teuton, President
901-212-3822/davidteuton@yahoo.com

MISSISSIPPI — CANCELED

The Mississippi Chapter is canceling its June 9 quarterly meeting due to potential risks from coronavirus.
Tim Meeks, President
256-366-2530/meekstim100@yahoo.com

MUSCLE SHOALS — CANCELED

Our June picnic will be canceled this year due to the coronavirus, but we will resume the picnic next year.
Timothy "Tim" Cornelius, President
256-757-5220/timwccornelius1@gmail.com

NASHVILLE

Date, time — TBD
Location — TBD
• Program — TBD
Jeffie Gammons, President
931-729-9974/y2kunderthehill@gmail.com

NORTHEAST ALABAMA

June 9, 2020, 11:00 am
Mud Creek Restaurant
Luncheon (Dutch Treat)
• Program: Discuss current affairs
• **Subject to change due to COVID-19 issues.**
Larry A. Hancock, President
256-437-8220/lah35772@gmail.com

PADUCAH AREA — CANCELED

The Paducah Chapter has canceled its June meeting to avoid any risk of chapter members' being exposed to the coronavirus. Please stay safe.
Ken Dickerson, President
270-442-9539/kenneth.dickerson@comcast.net

PARADISE — CANCELED

Paradise Chapter meeting for June 11 is canceled due to risk of the coronavirus.
Patricia E. "Pat" Cobb, President
270-338-6667/pecobb1942@att.net

UPPER EAST TENNESSEE

June 10, 2020, 11:30 a.m.
Shelter at Rogersville City Park
• Program: Retirement System update
• Annual Picnic – BBQ and drinks furnished; please bring a dish to share
• RSVP to 423-782-8458 by **June 1 (Please leave number of people attending and a contact phone number in case we have to cancel or postpone due to COVID-19.)**
Leslie P. "Les" Bays, President
423-782-8458/Lpbays1@yahoo.com

WATTS BAR — CANCELED

Watts Bar chapter meeting for June is canceled due to risk of the coronavirus.
Kathleen Garrison, President
423-365-9048/eddiekathleen@bellsouth.net

WESTERN AREA — CANCELED

Western Area Chapter meeting for June 17 is canceled due to risk of the coronavirus.
K. Renee Turnbow, President
270-205-5277/krturnbow@gmail.com

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

TVA Retiree Appreciation Plans Pending

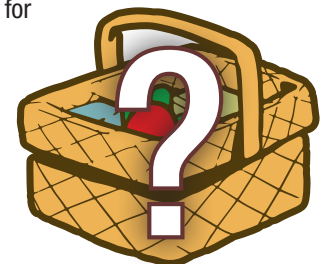
The TVA Retiree Appreciation Picnic/Luncheon is scheduled for Sept. 18, 2020.

At this time, we are unsure if the Covid-19 pandemic will prevent TVA from hosting this event.

As we get closer to September, we will communicate the status of the luncheon.

TVARA chapters already have canceled many of their June meetings, while others are waiting until closer to their scheduled date to decide whether to meet.

—SUZAN BOWMAN, Consultant, Community Engagement





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

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TVARA Website, Email Addresses

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

We will be sending emails to all members from time to time concerning invitations to chapter meetings, volunteer opportunities, the annual TVA Retiree Appreciation Picnic/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@mytvvara.org
Jean Bryson — sjbryson@mytvvara.org
Richard Wilson — rtwilson@mytvvara.org

Record Rainfall for 1st Quarter

It's official! This was the Tennessee Valley's rainiest first quarter in recorded history.



The 24.61 inches in rainfall received from January through March 2020 was the most rainfall in the first three months of any year since this data started being recorded 131 years ago.

The previous record was 23.95 inches, set way back in 1891.

TVA's River Operations was in charge of managing all that water, taking actions that included spilling at all nine mainstream Tennessee River dams.

(From the "River Neighbors" link on the BVI website, mybvi.org.)

BVI Offers TVARA Chance To Help Others

By VICKIE ELLIS
TVARA Valleywide President

The TVA Retirees Association has been presented with an exciting opportunity to partner with Bicentennial Volunteers Inc.

Local community food banks and food pantries have been struggling during this time of dealing with the coronavirus to feed ever-increasing numbers of people.

Many organizations have been asking for donations, so their efforts can continue to feed the many people in our communities who are in need.

BVI has given all TVARA chapters an opportunity to make one-time cash contributions to organizations in your community. The maximum request per chapter is \$5,000.

Chapters can distribute the funds to one or more food pantries.

If your chapter is interested in this project, you can ask for a project-request form from Penny Walker at pennywalker06@comcast.net, or call her at 1-202-480-5310. The completed form will need to be returned to Walker. She is also available to assist you in completing the form.

Walker will be responsible for processing all requests with BVI.

We need to move quickly, so submit your requests as soon as possible.

Please contact me if you have questions at vlellis@aol.com, or call me at 1-865-805-1512.