

# TVARA NEWS

The TVA Retirees Association

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

## TVA Again Makes Best of Pandemic-Plagued ‘Picnic’

By VICKIE ELLIS, TVARA Valleywide President

Like many of you, I was disappointed that the COVID-19 pandemic again this year made TVARA unable to host the TVA-sponsored Valleywide Retiree Appreciation Picnic/Luncheon.

We do have a bright side to the disappointment! Once again, TVA has graciously offered to contribute funding on behalf of the TVARA chapters to assist nonprofit organizations in their communities that have been experiencing extreme financial hardships during the evolving pandemic. Chapters requested the donations based on the following priority areas:

- Education
- Health and Human Services
- Community Enrichment

TVARA is grateful for TVA’s generosity in donating this funding on behalf of TVARA retirees.

Please take the time to read this newsletter and learn of the new portal TVA is launching to provide answers for HR and healthcare benefits needs. The People First Solution Center will be open from 7 a.m. to 7 p.m. ET weekdays, and there is a 24/7 self-service option.

As the article on page 4 indicates, retirees will continue to contact TVA Retirement System staff for all questions about retirement and pension benefits. The next time you have a benefit question, give

the center a call and check out its services!

Tennessee is celebrating 225 years of statehood, and Gov. Bill Lee is encouraging all Tennesseans to submit a story about their area of the state. Retirees can submit a story at the addresses noted in the article on page 3.

We also have updates on other TVA activities, plus updates from Retirement Services and the Benefits staff, and our travel article, which this time features a wonderful trip to Hawaii!

Stay well and stay safe.

## TVARS hits record assets; Belcher re-elected

By JUSTIN VINEYARD  
Senior Retirement Consultant, TVA Retirement System

The TVA Retirement System reports that for the calendar year to date as of June 30, investments earned 9 percent. During the same time period, TVARS assets reached a record \$9.1 billion. The annualized investment performance over the past three-, five-, and 10-year periods has been 10.3, 9.9, and 8.0 percent, respectively.

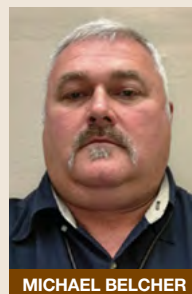
### TVARS Board Election Results

TVARS recently accepted nominations for a three-year term as an elected member of the TVARS Board of Directors. At the close of the nomination period, the only nomination received was for Michael L. Belcher, who

currently serves as an elected director on the board.

The TVARS rules and regulations state in the event only one person is nominated for the director position to be filled, the board may declare such nominee elected without the necessity of formal balloting by the membership.

Accordingly, the board has approved a resolution declaring Belcher re-elected as a



MICHAEL BELCHER

director of the TVARS Board for the three-year term beginning Nov. 1, 2021, through Oct. 31, 2024.

### Bank of New York Mellon News

To access your monthly direct-deposit statements online, visit [bnym.accessmyretirement.com](https://bnym.accessmyretirement.com) and log in or create your account using your 15-digit BNYM account number found on your statement.

There, you also can update your address, tax-withholding, or direct-deposit information. For assistance, call BNY Mellon toll-free at 1-844-545-1256.



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**FOR ADDRESS CHANGES OR TO REPORT RETIREE DEATHS:**

TVA Retirement System  
 400 West Summit Hill Drive  
 Knoxville, TN 37902  
 Call toll-free @ 1-800-824-3870

**FOR INFORMATION REGARDING:**

Pension Benefits and 401(k) Accounts

Call TVA Retirement System  
 toll-free @ 1-800-824-3870  
 or visit website @  
[tva.gov/retireeportal](http://tva.gov/retireeportal)

**Medical and Drug Coverage**

Call Blue Cross Blue Shield (medical)  
 toll-free at 1-800-245-7942  
 Call Express Scripts (drug)  
 toll-free at 1-800-935-6203  
 Or call TVA Employee Benefits  
 toll-free at 1-888-275-8094  
 Over 65? Call Via Benefits  
 (formerly OneExchange) toll-free  
 at 1-866-322-2824

**TVARA Membership**

Contact Richard T. Wilson  
 at [rtwilson@tva.gov](mailto:rtwilson@tva.gov)  
 or call him at 865-632-8542

**TVARA News Information**

Contact [tvara@tva.gov](mailto:tvara@tva.gov) or call  
 Reba Whitson at 865-632-3318  
 or toll-free at 1-877-335-1222

TVARA's Web address is [mytvara.org](http://mytvara.org);  
 its Facebook address is  
[facebook.com/mytvara.org](https://facebook.com/mytvara.org)

**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:

## Shuttered plants getting lower-emission turbines fueled by natural gas

After completing an environmental review, TVA is moving forward with building new lower-emission, natural-gas-fueled combustion turbines at shuttered coal plants in Tusculumbia, Ala., and Paradise, Ky. The new units will replace capacity from retiring CT units elsewhere on the system.

"As we continue to evolve our generation portfolio, natural gas is the right choice at this time, because it provides the flexibility and reliability we need to add more solar energy," says Jacinda Woodward, Senior Vice President, Power Operations. "Current and retired coal-plant sites are prime locations for new gas generation, because the electrical infrastructure is already in place."

In total, TVA plans to invest \$1 billion to build three new CT units at Paradise and three at Colbert for a system total of 1,500 megawatts. The new units will bring in about 185 jobs at each location, to prepare each site and construct the units.

TVA currently operates 108 natural-gas- and fuel-oil-fired generators at 17 sites — nine in Tennessee, five in Mississippi, one in Alabama, and two in Kentucky. Together, they have a generation capacity of more than 12,000 megawatts — enough to power about 7 million homes.

Woodward says natural gas is an essential part of TVA's cleaner-energy future. "It's important to remember that solar power is an intermittent generation source — natural gas delivers reliable electricity even when the sun doesn't shine," she says.

For this reason, TVA will continue to consider natural gas as an option for replacement



Artist rendering of natural-gas-fueled units being built at recently retired Paradise and Colbert plants

generation as it considers closing its remaining coal fleet. That will occur while adding about 10,000 megawatts of new solar by 2035.

"TVA is a national leader, with 63-percent carbon-free generation and nearly 50-percent more renewable-energy generation than our next closest regional peer," Woodward says. "Natural gas helps us achieve a 70-percent reduction in emissions by 2030, then 80 percent by 2035. And we believe it is possible, with new technologies, to achieve net-zero by 2050."

## Generation Flexibility begins 1st solar project

TVA, local power company BrightRidge, and Nashville-based solar-developer Silicon Ranch held a ceremony in early June to break ground on a new solar farm in Washington County, Tenn. The 9-megawatt facility will be named Martin Solar Farm and is expected to be operational before the end of the year.

The project will be the first-ever constructed in the Tennessee Valley under TVA's new Generation Flexibility program, which is designed to encourage local power companies to develop new distributed-generation facilities to meet community needs, attract new businesses, and grow renewable energy at the local level.

"Our long-term partnership agreement enables TVA to work with its LPC partners to meet in a sustainable and effective way the needs of their customers and the communities they serve," says Chris Hansen, Vice President, TVA Origination & Renewables. "Generation Flexibility was introduced in June 2020 as another tool local power companies can use to grow renewable energy in their service areas."

TVA East Region Director of Customer Relations Amy Edge applauded BrightRidge for again being first to break ground on a leading-edge LPC generation project.

"This project is just the first of many successes we hope to have with our LPC partners," Edge says. "It is no surprise to those of us familiar with the innovative and visionary bent of BrightRidge leadership and their commitment to serving customers and community, that they are the first out of the gate to break ground with a Generation Flexibility solar project."

Martin Solar Farm is part of TVA's long-term effort to reduce its environmental impact by diversifying its generation portfolio while maintaining affordable rates and reliability. Energy produced by the facility will be offered first to local K-12 and post-secondary education systems interested in offsetting their electricity needs with sources of cleaner energy.

The Martin Solar project will be a single-axis tracking system enabling 25,000 solar panels that use advanced bi-facial technology to follow the sun across its daily arc. Upon completion, the project will produce enough carbon-free electricity to help power more than 1,000 homes.

## Cumberland dedicates new bridge to veterans

Staff and project crews at TVA's Cumberland Fossil Plant have come up with a way to improve safety for workers and the public, while also honoring those who have served in the U.S. Armed Forces.

On June 14 — Flag Day — the site dedicated the TVA Cumberland Veterans Bridge. With a 225-foot span that crosses



New bridge honors veterans.

Wells Creek, the bridge connects the main site at Cumberland with land that will be used for future projects. Made of steel-reinforced concrete strong enough to support two 80-ton trucks at the same time, the bridge will improve safety during future projects by taking heavy truck traffic off of local public roadways.

"This project demonstrates our commitment to health, safety, and the environment," Plant Manager Mike Rawlings says.

Darrell Tipton, Principal Project Manager at Cumberland, says, "The bridge meets a practical need, but it also symbolizes a path crossing and connecting places that were once impassable, bringing people together."

The bridge honors veterans and their sacrifices to help preserve freedom. Rawlings says there are more than 50 veterans working at Cumberland, many of whom attended the dedication ceremony. That's roughly 20 percent of the plant's workforce. Dozens more veterans work as contractors on various projects at the site.

The dedication ceremony featured the Color Guard from American Legion Post 72 from Dover, Tenn., and included local dignitaries including Cumberland City Mayor Gary "Whitey" Vaughn, who is also a TVA retiree from Cumberland.

"This is just the latest example of TVA's commitment and concern for the community," Vaughn says. "The bridge is a great tribute to our veterans."

TVA's Vice President for Civil Projects, Scott Turnbow, summed up the bridge

dedication as "closing a gap between the past and future of the site," highlighting the symbolism of the project.

"Freedom is a lifelong journey of building bridges," he says.

## TVA partners with Vanderbilt, NES to harness solar power

Nashville Electric Service has joined with TVA's Green Invest program to help Vanderbilt University meet its goal of carbon neutrality by powering its campus entirely with renewable energy. Using solar power from two nearby farms in Bedford and Moore counties will reduce the university's greenhouse-gas emissions by 25 percent.



Vanderbilt University

Both solar facilities will be constructed, owned, and operated by Nashville-based Silicon Ranch Corp., one of the largest independent producers of solar power in the United States.

"We believe that climate change and excessive carbon in the environment are serious multi-generational issues," says Vanderbilt Vice Chancellor Eric Kopstain. "As a university, we feel it's really important to

*Continued on page 16*

## TVA Tennessee retirees asked to tell state stories

From Memphis to Mountain City, Tennessee is a wonderful place to live, work, and raise a family. Many of you TVA retirees in the state have a unique story about what makes it so special, and we'd like to hear from you.

On June 1, Tennessee celebrated 225 years of statehood. In an effort to celebrate Tennessee's heritage now and for future generations, Gov. Bill Lee is encouraging all Tennesseans to submit a story showcasing something special about the area of the state they call home.

The governor will be highlighting some of the best stories as he travels across the state this year.

If you're interested, you can submit your story to [tennessee225.com/posters](https://tennessee225.com/posters), and send it to [acdavies@tva.gov](mailto:acdavies@tva.gov), as well.



And when you do, you will receive a limited-edition poster of your part of the state.

The strength of TVA truly is its people — a diverse and skilled workforce.

TVA was created with — and has continued to build on — its clear mission to benefit the public good.

Let's tell our story!



# Open Enrollment Coming Soon for Medicare Retirees

By JEANNIE KING, Consultant, TVA Benefits & Wellbeing

The Centers for Medicare & Medicaid Services Open Enrollment for Medicare plans will be held Oct. 15-Dec. 7.

During this time, you can change your Medicare health-plan and prescription-drug coverage for 2022.

If you purchased an insurance plan through Via Benefits, you will be receiving more information from that service this fall. All Medicare-eligible retirees are encouraged to call Via Benefits every year to discuss health-insurance options.

Be sure to review all materials your current insurer may send, such as the Evidence of Coverage and Annual Notice of Change, to ensure they still meet your needs for 2022. You do not have to do anything if no changes are needed. You will remain in the plan in which you currently are enrolled.

If you do want to make a change, or are interested in learning about the options available to you, call Via Benefits toll-free at 1-844-620-5725 or your State Health Insurance Assistance Program (1-877-801-0044 in Tennessee, for example) during the Open Enrollment period beginning Oct. 15.

## Contacting TVA Benefits

The People First Solution Center, toll-free at 1-888-275-8094, connects you with TVA specialists from 7 a.m.-7 p.m. ET weekdays to answer your retiree-benefit questions. (See article below.) Because mail delivery is delayed due to the pandemic, retirees are encouraged to submit paperwork via email to [TVAEmployeeBenefits@tva.gov](mailto:TVAEmployeeBenefits@tva.gov) or by fax to 1-865-632-9682.

## Non-Medicare Retirees Enrollment in TVA Medical Plan

The election period for non-Medicare retirees to select their TVA medical-plan option for 2022 is Oct. 13-Nov. 2.

The same two plans (80% PPO and Consumer-Directed Health Plan, or CDHP) will be available.

Election materials will be mailed to each enrolled retiree's home in early October. The materials will include information on 2022 plan changes and premiums.

Retirees should start planning now. Remember, if you want to change your election, be sure to do so by Nov. 2.

Eligible participants in the CDHP can take advantage of a Health Savings Account. Please note that accounts with a zero balance and no activity for six months or more are closed by HSA Bank. In order to be eligible for the 2022 TVA contribution to your HSA, you must have an active account on Jan. 1, 2022.

Call HSA Bank toll-free at 1-844-650-8934 if you are concerned that your account may have been closed.

If your account has been closed due to inactivity, call a TVA Benefit Specialist toll-free at 1-888-275-8094 to have it reopened.

Accounts closed for other reasons will need to be reopened by HSA Bank.

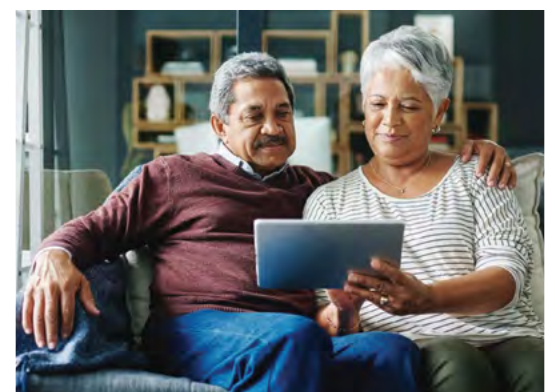
— JEANNIE KING

## People First Experience Goes Live To Aid Employees, Retirees

Employees and retirees now can experience new and improved Human Resources support at TVA. On Aug. 2, an integrated technology/people-focused strategy was launched to better meet your human-resource and healthcare benefits needs.

Direct Online Access through PeopleGateway provides simple, intuitive, secure, and responsive tools to serve your needs at home and on-the-go. You can access information that matters most to you — such as benefits — or engage with “Ask Norris,” an interactive chat feature.

Reach out by phone to or live chat with a team of TVA specialists in the **People First Solution Center** from 7 a.m.-7 p.m. ET weekdays to obtain fast, consistent, and efficient responses from TVA on your human-resource and healthcare-benefits needs.



### What you can expect:

- Commitment to exceptional customer service each and every time for all.
- 24/7 self-service giving you anytime, anywhere information available at your fingertips and on your schedule.
- An integrated and intuitive search bar and automated

chat feature that allow for quick retrieval of key information through a personalized online experience.

- A choice on how your questions are answered — either an easy-to-use, customized online experience or through a single phone call — resulting in accurate, timely, and complete results.
- A team of TVA professionals supporting your unique HR needs.

### What's not changing?

The TVA Retirement System staff is still available to answer any of your retirement-related questions about such matters as pension benefits, 401(k) Plan, FEGLI after retirement, retiree-payroll inquiries, and retiree-death notifications. And

BNY Mellon will remain your source for changes to payment information, tax records, and historical statements. To reach the TVARS staff, you can email [retsvcs@tva.gov](mailto:retsvcs@tva.gov).

### Update your contact information

Make sure you update your contact information as soon as possible.

- Email [TVAEmployeeBenefits@tva.gov](mailto:TVAEmployeeBenefits@tva.gov).
- Call 1-888-275-8094 toll-free.

Having accurate contact data allows the People First Solution Center to provide you the best possible service in its new model.

*(This information was adapted from material provided by the People First Solution Center.)*

## Building muscles while adding years — it's never too late to start a strength-building routine

By JOHN BLACKWELL

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, prostate, and bladder. And I take several vitamins but no supplements.

I have a lifestyle in which I enjoy the outdoors in the Muscle Shoals area, with time for fishing, gardening, working on the farm, and time spent with the family.

In recent times, I found a lawn chair was an essential tool, as well as needing longer rest periods to do most outdoor chores. I felt this was due to lack of strength and stamina because of aging.

I have worked to keep myself in shape in order to maintain my current lifestyle. In talking with my physician, Dr. Jerry B. Williams, he felt that my loss of strength and stamina was due to lost muscle mass.

I love my lifestyle and want to continue enjoying my life, and therefore I realized I must not only stay in shape, but increase my muscle mass.

I am the father of four children, 12 grandchildren, and three 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.



John Blackwell

While I am involved in an exercise program, I realize 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 also is shown to help offset cognitive decline.

Muscle strength is crucial to staying healthy and active, and to 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 perhaps taking my exercise to the next level would be the answer. It did not take long to realize I did not want to get into bodybuilding, CrossFit, lifting, 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 training involves exercising your muscles while partially restricting arterial inflow and modifying venous outflow, while bands are placed either on proximal arms or both proximal legs.

By modifying the venous blood flow, you create a relatively hypoxic (low-oxygen) environment in the exercising muscle,

*Continued on page 13*

# Cypress Grove ‘Gift’ Keeps Giving to Small East Tennessee Town

By SUSAN JONES

At first glance they seem like sentries rising from the water, watching over the small town of Charleston, Tenn. Towering to heights upward of 60 feet, they are stunning, environmental stewards that host wildlife, and that also filter pollution from the river and provide carbon sequestration.

But 50 years ago when the bald cypress trees were planted, these benefits were not their purpose. At the time, TVA and TVA employee Leon Bates, who helped plant the trees, were focused on one thing: mosquito control.

“Charleston is on the Hiwassee River,” Bates says. “The swampy area was created by slow-moving water flow in the embayment.”

Mosquitoes flourish in grasses and shrubs that allow eggs to hatch and emerge. TVA’s original approach was to mow the area each fall after it had dried out. But in the early ’70s, Bates proposed that bald cypress trees would shade out the shrubs and grasses where the mosquitoes prospered.

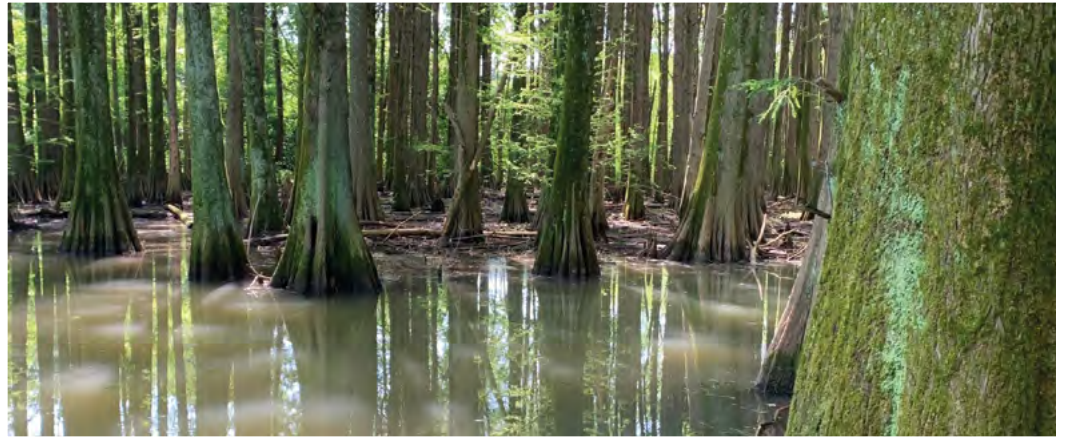
“Cypress trees thrive in wetlands, and have an extensive root system, including the knees (a distinctive structure forming above the roots) that can be seen in this grove,” Bates says. “A cypress tree might break in a high wind, but it won’t topple over.”

The trees grew quickly and soon shaded out the low-growing vegetation — problem solved.

But that’s just the beginning of the story.

The cypress trees quietly continued their environmental work, but, slowly, the small, four-acre grove was growing into a stunning landmark.

Fast-forward to 2006. That’s when the community began working on a Cherokee heritage project, according to Melissa Woody of the Cleveland/Bradley Chamber of



The grove of bald cypress trees not only attacked environmental problems, it provided natural beauty in the area.

Commerce. The project would interpret Native American stories, such as the robust Cherokee community that lived in the present-day communities of Charleston and Calhoun, just across the river.

Eventually, the U.S. Government would forcibly remove the Cherokee, Muscogee, and other tribes in what would become known as the Trail of Tears.

Well aware that Cherokee history was being lost by the day, the community began working on historic preservation in 2008 with a team of Middle Tennessee State University graduate students. The first project was a driving-tour brochure of Cherokee sites. Then the group’s thoughts turned to trails.

The National Park Service hosted a planning session in 2014 to create a concept for a Trail of Tears Tribute segment in the city. “People brought in all sorts of historical memorabilia relating to the project,” Woody says.

Mark Odom, a Document Preparation Specialist in TVA’s Natural Resources Management group, helped on that project. He brought in a map of the spring located in the middle of the Cypress Grove.

“He also had a lot to do with the observation deck,” Woody says.

The group worked with the Cherokee Nation, National Park Service, Eastern Band of the Cherokee Indian, TVA, the Charleston-Calhoun-Hiwassee Historical Society, and other partners to develop the first phase, which was completed with the development of the heritage center and trails on city property.

Meanwhile, a donation had been made by a family that sought to encourage plantings and trails in the area. With help from TVA and other partners, individuals viewing the

## Thanks to River Neighbors

The stories on this page and the next were adapted from articles in the *River Neighbors* newsletter that is a regular feature on the [mybvi.org](http://mybvi.org) website.





TVA retiree Leon Bates tells audience at the Hiwassee River Heritage Center how the cypress grove came to be.

cypress grove from the observation deck can now enjoy Charleston's native-plant garden at the same time.

Phase 2 of the plan calls for trails to be created in Charleston on TVA property, according to Odom. TVA is a monetary and in-kind partner in the interpretive development of the trail. The observation platform and wetland have been incorporated into the concept design.

## Happy (Virtual) Trails to You

A new video series prepared by Natural Resources employees means you don't have to leave the comfort of your home to experience TVA's fascinating trails.

When COVID-19 hit, it seemed everyone wanted to be outdoors. Because TVA's public lands provide more than 180 miles of trails, it was the perfect time for several members of Natural Resources Public Outreach team to put their in-person work on hold and hit the trail for a different kind of outreach experience — video creation.

The new job duty was a result of online brainstorming sessions among team members Chloe Sweda, Jessica Stevens, Beth Cook, and Melinda Watson.

"We were looking for outreach work that could be done solo," Cook says. "We realized hiking videos could make the public aware of TVA's fantastic trails, while also engaging people who weren't experienced with outdoor recreation."

The videos were filmed on TVA Small Wild Areas and feature the forests, water, and wildlife to be enjoyed there. From outcroppings to wildflowers to birds on the wing, viewers never know what's around the next bend.

Stevens says the videos give people an idea what to expect on the trail.

"We also added an educational component by pausing to

The city hopes to receive a Recreation Trail Program Grant, focused on connecting schools, parks, and playgrounds.

"That grant would make it possible to link the park to the cypress grove," Woody says. "We hope to include a boardwalk that will skirt the cypress trees and interpret this habitat, which is fed by the spring and filled with wildlife.

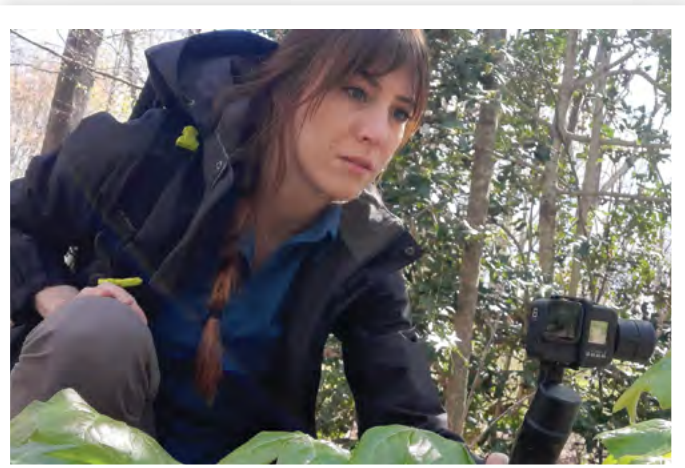
Reminiscing about the project, Bates, now 80 years old, recently presented a program at the Hiwassee River Heritage Center about the cypress grove.

"I never had any thoughts of it ever being anything but mosquito control," Bates says.

But now it's that and more.

"The trails, the interpretation of the cypress grove, the observation deck, the native-plant garden — it's all incredibly important to the development of this heritage project," Woody says. "It will be an impetus for more endeavors and an inspiring centerpiece for Charleston."

All of this, thanks in a small part to some pesky mosquitos and one TVA employee's idea for a solution — a grove of cypress trees.



Jessica Stevens records footage for Natural Resources Public Outreach online videos of trails on TVA public lands.

look at, identify, and talk about species observed along the way," she says.

Sweda describes the videos as "great viewing for kids, hikers of all ages, or anyone who wants to become better acquainted with our trails."

Rachel Terrell, TVA Natural Resources Public Outreach Manager, says, "TVA is excited to be able to share these videos on YouTube, and we look forward to featuring them in upcoming editions of the *River Neighbors* newsletter on the [mybvi.org](http://mybvi.org) website.

"Until then, we invite you to enjoy a few examples at *Hiking Around the Valley* on [youtube.com](http://youtube.com)." — SUSAN JONES

# WANT SOME HULA WITH YOUR HYMNS?

## Hawaii Has It — Plus Much, Much More

By JO ANNE LAVENDER



In June of this year, my husband, Neal, and I took our 11-year-old grandson, Charlie, to Hawaii. This trip was two years in the making.

We had made our reservations in June 2019 for a planned June 2020 trip. But, as you know, 2020 did not work out well for travel or much of anything else. For 2020 our reservations were cancelled by our hotels, so we rebooked for June 2021.

We have been taking our grandchildren on a special trip during the year when they turned 10. We had already taken two grandchildren to Hawaii on their individual 10-year-old trip. Our 11-year-old Charlie understood the delay and was patient to wait an extra year.

We have been to Hawaii many times since 2006, and we typically find everything very similar: the beauty of the island, the ocean, and the people. We have our favorite activities and restaurants that we can rely on each trip.

This year was different.

The beauty of the island, the ocean, and the people remained the same, but there were some striking differences. Hawaii has been trying to do a good job of protecting its citizens from COVID-19. Within 72 hours before arrival, we had to get a specific COVID test at a facility approved by the State of Hawaii. We also had to load into the Hawaii Safe Travels Data Base our negative test results, plane flights, hotel reservations, and contact information.

Within 24 hours before arrival, we had to fill out a

questionnaire on the website about our current health. Then we got a Quick Response code to show as soon as we got off the plane. After that, we were in a line for an hour while officials went over each person's COVID-test information.

Amazingly, no one was complaining about the hourlong wait. Everyone was so happy to be in Hawaii, finally!

In Hawaii, masks were required indoors everywhere. There was 100-percent compliance, and no one was complaining. Hawaii had contact tracing, as well.

We had to go through the same procedure again to go to the Big Island. Another negative COVID test within 72 hours before arrival, health data within 24 hours before arrival, putting it all in the data base, and having a QR code ready

when we got off the plane.

We felt very safe in Hawaii from COVID in those days before the deadly Delta variant was to surge. All the people arriving there had tested negative, the case counts were very low, and everyone was wearing masks indoors. We had been vaccinated, but our grandson was not old enough yet to get vaccinated, so we used caution.

Now for the wonderful time we had in Hawaii.

### Oahu

Hawaii has four main islands — Oahu (where Honolulu is), Kauai, Maui, and the Big Island (official name Hawaii County).



Jo Anne Lavender, grandson Charlie, and husband Neal on the rim of the Kilauea Volcano



We spent 10 days on Waikiki Beach in Oahu, then a week on the Big Island, and then a few more days back on Oahu.

We had a wonderful condo on the beach next to the Hilton Hawaiian Village in Waikiki. Some of you may know where that is. It has a lagoon by the ocean, where you can play with a lot of water toys such as paddleboards, big-wheeled aqua bikes, kayaks, and more. We spent a lot of time on the beach and in the ocean there.

Our grandson, who is from landlocked Nashville, had not surfed before, so we got him surfing lessons. He was a natural and was quickly catching waves and “becoming a Hawaiian.” We had been surfing on earlier trips, so we were content just to introduce him to surfing.

We took a boat to Turtle Canyon, which is just off the coast of Waikiki. We went snorkeling there and swam with many fish and turtles. It was beautiful.

We enjoyed many spectacular sunsets in Hawaii. The best location for sunsets near Waikiki Beach is Ala Moana Park. Across from that park is the Ala Moana Mall. It is the largest outdoor mall in America. It had any store you might want and lots of great restaurants.



Charlie surfing at Waikiki Beach

We did enjoy eating at many of those restaurants, including one of our favorites, Uncle Bo’s. It has delicious appetizers and entrees.

We called the celebrated Duke’s (named for the legendary surfer/swimmer Duke Kahanamoku) a week ahead of time, but no reservations were available.

We also were disappointed that several of our favorite restaurants did not survive the pandemic.

We took a tour bus to Pearl Harbor. We had been several times before, and it is always memorable and touching.

Of course, we wanted our grandson to experience it. He had read a book about it and was quite knowledgeable.

In addition to the exhibits, Neal and Charlie toured the



View from our condo on Waikiki Beach

Bowfin World War II submarine. It is amazing that so many sailors could fit in a small area and could tolerate the underwater environment. Unfortunately, many submarines did not survive World War II. There was a display outside for each submarine torpedoed and the list of the men that perished.

The most touching and somber part of visiting Pearl Harbor is traveling by boat to the Arizona Memorial. The Arizona battleship is permanently sunk in the harbor from the Dec. 7, 1941, Japanese attack. The memorial is on top of the sunken ship. A marble wall has the names of all the men whose bodies are still on the Arizona. There is silence at that memorial as each visitor solemnly contemplates the sacrifice the sailors and Marines made that day.

I haven’t mentioned the weather on Oahu yet. It was perfect every day! Sunny, high 70s to low 80s, low humidity, beautiful white clouds. We got sprinkled on a couple of times, and that was it.



The Arizona Memorial at Pearl Harbor

It just gives you a positive outlook on life every day you have great weather, beautiful flowers and plants, and a magnificent ocean, not to mention being on vacation. Also, the people of Hawaii are very gracious. Their traditional greeting of “Aloha” is meant to convey a spirit of harmony and mutual respect.

On Sunday, we walked to the nearby Waikiki Baptist Church and enjoyed its service including hymns with hula

*Continued on next page*



Plumeria blossoms that are used for leis — the aroma is heavenly.



One of the pools at the Hilton Hawaiian Village, Big Island



Charlie and Jo Anne on a fun ride on an aqua cycle

movements. (On another trip, we attended the St. Augustine Catholic Church in Waikiki, where the choir sang hymns in the Hawaiian language.)

We took a bus tour to the Polynesian Center on the east coast of Oahu. The center is a beautiful attraction that has a sector for each of the Polynesian people — Maori (New Zealand), Fijian, Hawaiian, Samoan, Tongan, and Tahitian. The center demonstrates how the original Polynesian people lived in their respective areas. There were dances, crafts, stories, and games. It was educational and entertaining.

We took a tour to the North Shore one day, where all the big waves are in the winter (there were modest waves when we were there). We went snorkeling and saw a tremendous number of fish. We went to the Anahulu River on the North Shore and paddled kayaks. We visited the quaint small towns on the North Shore and got lunch at food trucks.

## The Big Island

Of course, the Big Island is the largest Hawaiian island. We love it for many reasons. Because it is large, there are more things to see and do. It has the Volcanoes National Park and an active volcano, wonderful beaches, and the Captain Cook Monument, which is the location of one of the best snorkeling sites in Hawaii.

We stayed at the Hilton at Waikoloa, which is on the west coast about 20 miles north of the Kona airport. The airport and our resort sat in the middle of miles of lava fields. When you fly in to Kona, all you see is the beautiful ocean and desolate black lava fields. It can be an alarming sight if you are expecting a lush Hawaiian landscape. The whole island is not covered in black lava, even though the island was formed from that substance. Most of the island is covered in



Iolani Palace, the home of the Hawaii State Supreme Court — a gold-leaf statue of King Kamehameha the Great in front

soil and even has a rain forest. Our resort was on a beach that had been irrigated to provide beautiful, lush flowers, shrubs, and trees.

Neal's daughter, Laurie, who is Charlie's mother, flew in from Nashville to meet us at the Kona airport. It was an exciting reunion. So the four of us began our grand adventure on the Big Island.

Swimming pools are always a great attraction for the 10- (or in this case 11-) year-olds when they travel with us. And Charlie did get plenty of pool time. We had several pools to choose from. However, our real favorite was the nearby beach — Hapuna Beach. It was just named the No. 1 beach in the United States. We can see why. It is expansive and has beautiful sand, moderate waves, and many facilities.

We spent many happy hours at Hapuna Beach. But there was so much else to see. One day we left very early to get to Kona and go snorkeling at Captain Cook's monument. We took a 45-minute Zodiac boat from the marina to the monument.

We love it so much there, because of the amazing variety of coral and fish. It also has a thousand-foot drop-off that is fascinating. We really enjoy taking people to this site, so they can enjoy the tropical underwater world. On the return trip to the marina, we explored several coastal caves.

Traveling farther south that day, we stopped at Punalu'u Bakery. It hails itself as the southernmost bakery in the United States (and it is). After a great lunch including the bakery's famous fruit malasada pastry, we continued to Punalu'u Beach. It is certainly a sight to see black sand formed when hot lava flowed into the ocean and crystallized. It was beautiful.



One day we did a 2/3-circle tour starting at the north end of the island, then heading across the island to the east, down the eastern side to Hilo (the other main city on the Big Island), and on to the Hawaii Volcanos National Park. We came within a few miles of our southern trip down the western coast of the island to the black-sand beach.

Up to this point, our weather had been gorgeous every day — sunny, low 80s, low humidity. But we knew the climate on the eastern (windward) side of the island was much different.

As we went north, we also climbed in altitude, and the temperature became much cooler. Then the rain came, not hard, but a steady mist. We actually felt like we were in the clouds.

Mauna Kea, the extinct volcano, is more than 13,000 feet above sea level. We did not go that high, but high enough to experience a different climate.

We saw beautiful beaches and coastline on the eastern side of the island. We stopped at Akaka Falls for a hike. It started raining heavily at this point, so we took a quick look at the falls from the overlook. We did not come prepared for the weather.

We went to Hilo to see it and have lunch. Hilo is lush and beautiful and gets about 80 inches of rain a year. Kona, on the other hand, gets about two inches. We had a wonderful lunch in the outside, covered restaurant. It was lovely to eat in the rain without getting wet.

After lunch we headed to the Volcanoes National Park. We had been to the park several times before, and it had never rained on us, but it did that day. I got Neal a nice souvenir sweatshirt from the park, because I had swiped his jacket.

The park was not fully open because of COVID. A Park Ranger outside under an awning explained where the active volcano Kilauea was and how to get to it.

The park's visitors center is basically on the rim of the volcano. We drove around the rim and stopped at various lookouts. At Kilauea's summit is a very large caldera, or crater, formed from previous eruptions. In January of 2021, there was an eruption that formed a lava lake in the caldera. Every time we come, there is something that has changed with Kilauea, since it continues to erupt.

In the summer of 2018, Kilauea erupted and caused significant damages. More than 700 homes were destroyed from the lava flowing through the underground tubes it



Charlie at the entrance to the Thurston Lava Tube

formed, before bursting through the ground to set those structures on fire.

A National Park Research building on the rim was fenced off. They cannot use that facility anymore, because it was damaged during the 2018 eruption and is not safe to occupy. The latest eruption was from December 20, 2020, to May 23, 2021 — about three weeks before we were there. It always makes us think when we are at this volcano that it could erupt at any time.

We hiked to and went through the huge 500-year-old Thurston lava tube. It is 600 feet long and 10 to 30 feet high and

illustrates the power of volcanic lava to flow through rock and create its own path.

Of course, no Hawaii vacation would be complete without going to a luau. That wasn't as easy this time, because almost all were booked. There were a lot of people visiting Hawaii, and the luaus were practicing social distancing and could not handle as many people.

But we were fortunate to find a luau at our resort. It was much smaller than any others we had been to, but the quality was excellent. Each family group had a separate table, and the food was served to each person at that table instead of the usual buffet. But we had all the dancing and the fire twirling, and we all had a try at dancing the hula.

Other important activities on the Big Island this trip were enjoying seafood and the shaved ice. This is not just any shaved ice. It is ice cream of your choice covered with up to three flavors of shaved ice, such as mango, passion fruit, and pineapple. It was not easy to get because the lines were always so long, but we prevailed.

Other wonderful activities on all the Hawaiian Islands include golfing, scuba diving, stargazing, cycling, and, of course, reading and relaxing.

We wish each of you an opportunity to visit this wonderful tropical state.

Aloha!

*(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. 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.)*





## WASHINGTON UPDATE

# TVA Federal Affairs welcomes new VP, who welcomes change, new challenges

By JESSICA HOGLE, TVA Vice President, Federal Affairs



JESSICA HOGLE

As many of you know, one of TVA's long-term strategic priorities is strengthening the powerful partnerships critical to helping its region grow. TVA's External Relations organization has developed a new long-term vision to build on our relationships with all of our key stakeholder groups, in order to play a more active role in local communities and support TVA's mission to make life better

for the people we serve.

In parallel to the increased focus on its regional relationships, TVA also recognizes that its federal stakeholders are critical to the organization's ability to execute its mission of service. TVA's focus on federal affairs aims to educate and inform, build champions for public power, enhance transparency, and demonstrate TVA's industry leadership.

I could not be more excited to join TVA as Vice President of Federal Affairs at this important time. I previously served as Vice President of Federal Affairs/Chief Sustainability Officer at PG&E Corp., a combined natural gas/electric utility serving Northern and Central California.

In that role, I was responsible for building relationships at the national level with non-governmental organizations (NGOs), trade associations, advocacy organizations, and other key stakeholders, in addition to integrating sustainability into the company's business strategy.

It is a privilege to now be able to leverage that experience to further the exceptional work being done by the talented and mission-driven men and women at TVA. I am looking forward to meeting more of my colleagues and folks across the Tennessee Valley, including TVA retirees, and returning to the region where I spent time in school at the University of the South in Sewanee, Tenn.

Having this firsthand perspective of TVA is important to sharing its story in Washington, and it is certainly an important time to be at the table in our nation's capital. Both the Biden Administration and Congress are working on a number of issues that could have an impact on TVA and the Tennessee Valley region. In many ways, the focus at the federal level right now is on items at the core of our mission — ensuring safe, clean, reliable, and affordable energy, promoting economic recovery and prosperity for all, and upholding environmental stewardship.

### Hot Topics in Washington

After months of negotiations, a bipartisan group of Republicans and Democrats championed an infrastructure deal across the finish line, at least in the Senate.

On Aug. 10, some 19 Republicans joined all 50 Democrats to approve the INVEST in America Act. With a price tag of around \$1 trillion, the proposal would fund improvements to the nation's transportation system and other infrastructure, including broadband and climate-resiliency efforts. The INVEST Act now moves to the House of Representatives for consideration this fall.

The following day, the Senate approved, on a 50-49 party-line vote, a \$3.5-trillion budget resolution for fiscal year 2022. The measure then headed to the House, where approval would formally establish discretionary-spending levels for FY2022.

This technical process gives guidance for congressional committees to begin work on individual tax-and-spend bills that must be cleared by those committees first and then compiled into one budget package for consideration by the full House and Senate.

Bills considered under budget-reconciliation instructions cannot be filibustered in the Senate, and so would need only a simple majority to pass. This mechanism is being used by Democrats in an attempt to move forward on legislative priorities that will likely not garner any support from Republicans, such as those involving social spending and additional climate-related priorities.

Whether the entire Democratic caucus will remain in sync will be something to watch in the months to come!

TVA's Federal Affairs team in Washington is a resource to its federal stakeholders, as they work through different proposals that may impact our operations or financial planning. Throughout it all, we are ensuring our mission is clearly understood, and we are in the best position possible to continue to make life better for the people of the Valley for generations to come. Members of our TVA leadership, including Chief Executive Officer Jeff Lyash, have been active in engaging with members of Congress in the TVA delegation and members in leadership positions. This has produced discussions on key issues that could have an impact on TVA, as well as Administration and White House officials. And our efforts are making a difference.

## TVA Leadership and Engagement

For example, on June 24 Lyash testified in front of the U.S. House Subcommittee on Water Resources and Environment on the U.S. House Committee on Transportation and Infrastructure about TVA's budget for fiscal year 2021. It was a good opportunity for Lyash to tout how TVA continues to provide clean, affordable, and reliable energy, and do so being financially sound.



TVA CEO Jeff Lyash (right), with U.S. Sen. Jon Ossoff of Georgia



From left, Lyash, U.S. Sen. Tommy Tuberville of Alabama, and TVA Board Chair John Ryder

On May 20, Lyash met with several members of the TVA delegation in Washington, including U.S. Sens.

Mitch McConnell (R-Ky.), Jon Ossoff (D-Ga.), and Tommy Tuberville (R-Ala.), and with U.S. Reps. Chuck Fleischmann (R-Tenn.), Diane Harshbarger (R-Tenn.), David Kustoff (R-Tenn.), and Marcy Kaptur (D-Ohio).

Members of our congressional delegation also have participated in TVA events in the Valley — for example, Rep. Harshbarger came to the South Holston River for a fun day of

fishing. These events help us connect our federal stakeholders with the TVA experience in all facets of our mission.

## Board of Directors Update

The TVA Federal Affairs team is also working to support the confirmation process for four individuals nominated by President Biden to the TVA Board of Directors.

As reported in the June 2021 issue of *TVARA News*, here are the nominees:



### Beth Geer (Brentwood, TN)

- Chief of Staff to former Vice President Al Gore and currently a member of Nashville Mayor John Cooper's Sustainability Advisory Committee



### Robert Klein (Chattanooga, TN)

- Retired line foreman for the Electric Power Board of Chattanooga and previously served as the International Vice President of the International Brotherhood of Electrical Workers (Tenth District)



### Kimberly Lewis (Huntsville, AL)

- Chief Executive Officer of PROJECTSYZ, Inc. and the first black female elected as Board Chair of the Huntsville/Madison Chamber of Commerce



### Michelle Moore (Richmond, VA)

- Chief Executive Officer of Groundswell, a clean energy nonprofit and former leader of President Barack Obama's sustainability team

A confirmation hearing before the Senate Environment and Public Works Committee had not been scheduled

*Continued on page 15*

### Building muscles while adding years...continued from page 5

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 percent of what I had previously lifted. After discussions with my doctor, I started this technique.

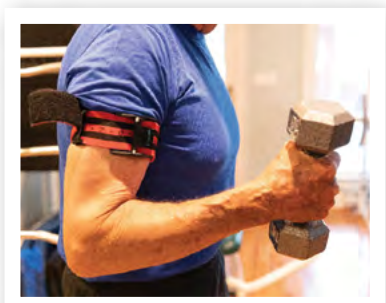
Dr. Williams is trained in BFR techniques. I use the bands for my five-day workout of chest, legs, back, shoulders, and arms. as well as the ab exercises. Then I go through my five-day workout again without the bands, plus the ab exercises. This break gives my body adequate time to recover from BFR training.

I have found I have to work really hard to handle weights at 30 percent 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.

But I admit 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 BFR trainer.

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 to obtain a copy.



Bands on the proximal arms or proximal legs are key to Blackwell's exercise regimen.



# In Memoriam

April 24, 2021 - July 31, 2021

TVA Retirement Management received notifications of the deaths of the following retirees for the period April 24 through July 31, 2021, as well as other previously unreported deaths. They are listed with the date of death (and date of retirement). To report the death of a retiree, call the TVA Retirement System toll-free at 1-800-824-3870.

**Abston, Stephen D.,**  
6/10/2021(12/30/2002)

**Allison, Jimmy C.,**  
5/18/2021(4/5/2003)

**Applewhite, James O.,**  
6/21/2021(10/5/2013)

**Baggett, Frank R.,**  
6/16/2021(1/4/1999)

**Bailey, Robert L.,**  
6/20/2021(5/12/1990)

**Baker, William J., Jr.,**  
5/18/2021(3/13/1999)

**Barnett, Joel W.,**  
6/1/2021(2/13/2010)

**Barnwell, Johnny L.,**  
6/7/2021(5/4/2005)

**Belew, Robert E.,**  
1/2/2021(7/5/1987)

**Berney, Marguerite H.,**  
6/16/2021(Unknown)

**Black, Patrick H.,**  
5/25/2021(4/23/1996)

**Boyd, Carolyn S.,**  
5/20/2021(8/30/2007)

**Bracey, Jeri L.,**  
5/23/2021(10/1/1996)

**Bridges, Richard D.,**  
6/10/2021(3/2/1999)

**Broome, Patricia B.,**  
6/15/2021(6/2/1998)

**Brown, Robert H.,**  
7/10/2021(6/21/2001)

**Buckner, Alfred D.,**  
5/7/2021(1/2/1999)

**Burt, Susan A.,**  
6/26/2021(10/1/2018)

**Card, Peter W.,**  
5/22/2021(1/8/1992)

**Carpenter, Ray L.,**  
4/29/2021(1/1/1993)

**Carrington, John T.,**  
5/3/2021(10/17/1994)

**Caton, Larry L.,**  
5/30/2021(5/8/1999)

**Clark, Kenneth R.,**  
5/3/2021(10/23/1999)

**Cooper, Sue,**  
6/13/2021(3/31/1998)

**Credille, Wilburn R.,**  
5/27/2021(10/17/1994)

**Cross, Bobby G., Sr.,**  
5/15/2021(1/14/2002)

**Crowder, Hariel D.,**  
5/23/2021(2/19/1999)

**Crutchfield, Edward S.,**  
4/28/2021(9/12/1983)

**Crye, Teddy Wayne,**  
6/3/2021(10/6/2015)

**Curd, William V.,**  
5/7/2021(10/1/1988)

**Davis, William E.,**  
6/14/2021(1/3/2001)

**Dias, Sam A.,**  
6/23/2021(1/4/2010)

**Dodson, Fred M.,**  
5/17/2021(7/30/1988)

**Dubois, Ron,**  
7/14/2021(10/17/1994)

**Durham, Roger A.,**  
7/4/2021(1/27/2007)

**Dyer, William W.,**  
6/9/2021(10/8/1999)

**Edmonds, Leonard A.,**  
6/9/2021(9/25/2012)

**Eldridge, Judy M.,**  
6/15/2021(10/17/1994)

**Farmer, Kenneth E.,**  
5/26/2021(12/2/2012)

**Fisher, Lesley C.,**  
6/10/2021(3/3/2001)

**Flanagan, Ricky J.,**  
5/4/2021(8/30/2007)

**Gee, Edwin C.,**  
6/1/2021(9/30/2014)

**Glover, John T., Jr.,**  
5/20/2021(10/23/1990)

**Gonzalez, Heriberto,**  
4/24/2021(10/30/2019)

**Gordon, Thomas N.,**  
6/29/2021(9/27/1997)

**Gossar, Kenneth E.,**  
7/2/2021(5/1/2014)

**Gray, Carl B.,**  
7/15/2021(7/15/1999)

**Gray, Donald K.,**  
5/31/2021(10/1/1988)

**Griffin, Thomas Lee, Jr.,**  
7/17/2021(12/31/1994)

**Hall, Billy J.,**  
6/6/2021(9/24/1988)

**Hall, Luther I., Jr.,**  
7/22/2021(6/4/1982)

**Hallmark, Clyde O.,**  
5/23/2021(6/21/1994)

**Hammond, Lee R.,**  
6/14/2021(7/28/1992)

**Hampton, Robert D.,**  
6/30/2021(1/2/2011)

**Hardin, James O.,**  
6/1/2021(7/13/2002)

**Hargreaves, Sherwood A.,**  
4/24/2021(10/1/1988)

**Harris, Wilbur G.,**  
7/3/2021(3/2/2000)

**Heiskell, Michael J.,**  
6/2/2021(12/5/2009)

**Helton, Edd,**  
6/22/2021(9/3/1988)

**Hensley, Billy J.,**  
5/24/2021(5/1/1995)

**Howard, Turner J.,**  
5/17/2021(1/1/1998)

**Howell, Teddy R.,**  
6/17/2021(3/6/2006)

**Hunt, William E.,**  
5/2/2021(11/3/1992)

**Hunt, William L.,**  
5/18/2021(1/1/2011)

**Jerrell, Donald L.,**  
5/2/2021(10/6/1990)

**Jessee, Glenda R.,**  
7/4/2021(10/1/1989)

**Johnson, Carolyn J.,**  
6/13/2021(7/14/1990)

**Johnson, Robert W.,**  
6/22/2021(1/1/1993)

**Jones, Kimberly M.,**  
5/2/2021(8/2/2014)

**Kellar, James R.,**  
6/8/2021(7/30/1988)

**Kimbrell, Larry Joseph,**  
5/4/2021(9/7/2016)

**King, Frances Henry,**  
5/13/2021(8/2/1988)

**King, Orville D.,**  
5/25/2021(2/8/1999)

**King, Sammy D.,**  
7/4/2021(2/11/1994)

**King, Thomas H.,**  
7/25/2021(5/10/1992)

**Lawson, Robert E.,**  
5/15/2021(10/1/1988)

**Lee, Terry W.,**  
5/30/2021(1/21/2006)

**Lewis, Thomas J.,**  
7/22/2021(9/1/1995)

**Lockmiller, Dorothy O.,**  
5/12/2021(10/17/1994)

**Lucas, Dallas F.,**  
6/26/2021(1/5/2008)

**Luster, Michael Ray,**  
6/14/2021(9/5/2014)

**Manners, Remes R.,**  
5/10/2021(9/6/2006)

**Martin, William M.,**  
7/8/2021(7/16/1988)

**McCool, William E.,**  
5/15/2021(4/2/1992)

**McCormack, Thomas H.,**  
6/5/2021(5/31/1992)

**McGinnis, Thomas E.,**  
7/6/2021(11/15/1992)

**McKeown, Earl G.,**  
7/14/2021(4/1/1995)

**McNeese, Allen R.,**  
5/17/2021(12/30/2011)

**Metcalf, Frank G.,**  
7/12/2021(12/30/2000)

**Millsaps, David R.,**  
5/25/2021(9/5/2014)

**Minor, Harry,**  
5/20/2021(10/17/1994)

**Moore, Charles R.,**  
5/4/2021(10/17/1994)

**Mullick, Debdas,**  
5/10/2021(10/1/1996)

**Mullins, Larry Paul,**  
7/6/2021(6/27/2020)

**Mullins, Fred, Jr.,**  
7/11/2021(9/26/1998)

**Murphy, Jack D.,**  
6/29/2021(9/3/1988)

**Newald, Bettye I.,**  
5/11/2021(3/26/1988)

**Nichols, Shirley G.,**  
7/24/2021(10/17/1994)

**Norman, Charlie A., Jr.,**  
6/6/2021(10/17/1994)

**Northern, Fred T.,**  
6/12/2021(1/1/1990)

**Northern, Melvin C.,**  
6/11/2021(6/9/1991)

**Nunn, Dwight E., Jr.,**  
6/20/2021(12/16/1995)

**Owens, Brenda B.,**  
6/20/2021(8/1/1994)

**Patterson, Jesse W.,**  
5/30/2021(7/10/1995)

**Pendergrass, Daryl Lynn,**  
5/7/2021(7/21/2014)

**Perry, Phillip D.,**  
7/4/2021(5/29/1993)

**Pezzi, Hubert J.,**  
6/28/2021(7/30/1988)

**Pinion, Phyllis W.,**  
6/20/2021(5/29/2004)

**Powell, Burrell D.,**  
5/21/2021(7/17/2001)

**Pressley, Charles S.,**  
5/31/2021(9/27/1997)

**Ray, Howard E.,**  
7/18/2021(6/30/2014)

**Rogers, Ronnie A.,**  
6/28/2021(1/6/2007)

**Rondeau, Victor J.,**  
6/13/2021(1/7/2006)

**Russell, Donald W., Sr.,**  
5/11/2021(8/20/2004)

**Sain, Leo H.,**  
5/13/2021(11/18/1989)

**Sajwaj, Glenda B.,**  
7/7/2021(1/6/2007)

**Sims, James A.,**  
7/18/2021(1/5/1999)

**Sloan, Thomas S.,**  
7/10/2021(1/5/1987)

**Smedley, David C.,**  
7/27/2021(11/16/1991)

**Smith, Richard A.,**  
6/9/2021(1/6/2007)

**Smith, William T.,**  
5/26/2021(1/3/2009)

**Smithers, Hillard B., Jr.,**  
6/10/2021(8/15/2005)

**Starnes, Louis D.,**  
5/13/2021(11/16/1991)

**Stokey, Stanley R.,**  
4/24/2021(10/1/1996)

**Sullivan, Roberta Ann,**  
5/14/2021(8/11/1981)

**Tate, Gordon Y.,**  
6/15/2021(9/27/1997)

**Taylor, Gerald A.,**  
6/25/2021(5/1/2017)

**Terrell, James E.,**  
5/30/2021(7/3/2004)

**Terry, Bobby A.,**  
7/6/2021(11/1/1991)

**Tollett, William F.,**  
6/10/2021(5/14/1986)

**Trowbridge, Roland E.,**  
7/4/2021(11/24/1984)

**Vance, Donald K.,**  
6/22/2021(8/13/1988)

**Vandivort, Richard L.,**  
7/10/2021(1/1/1988)

**Vines, Charles R.,**  
5/23/2021(10/1/1985)

**Walker, James O.,**  
7/19/2021(12/5/1991)

**Walker, Kenneth A., Jr.,**  
5/4/2021(9/28/2019)

**Warhurst, Kenneth R.,**  
7/20/2021(12/9/1997)

**Watkins, Edward L., Jr.,**  
5/8/2021(11/14/1981)

**Wheeler, Lillian Mae,**  
5/7/2021(8/18/2001)

**Williams, Timothy E.,**  
7/21/2021(8/1/1996)

**Williams, Travis D.,**  
7/12/2021(1/1/1993)

**Wilson, John S., Jr.,**  
4/27/2021(10/17/1994)

**Wynne, William M.,**  
5/7/2021(5/1/2017)



# Upcoming September 2021 Chapter Meetings

## BROWNS FERRY

September 14, 2021, 12 noon

Catfish Cabin, Athens, Ala.

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

## CHATTANOOGA

October 19, 2021, 10:30 a.m.

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

- Annual Picnic, Fellowship & Registration  
Starting at 10:30 a.m., lunch at 11:30 a.m.
  - Program: TVA/Medicare Annual Health Insurance Update
- Tom Swanson, President  
423-344-6892/[twswanson@comcast.net](mailto:twswanson@comcast.net)

At presstime, the following chapters had not announced whether their September 2021 meetings would be HELD or would be CANCELED due to the COVID-19 virus:

## HUNTSVILLE

Daniel A. Simmons, President  
(256)509-9781/[dasimmon@bellsouth.net](mailto:dasimmon@bellsouth.net)

## KINGSTON

Marcus C. Melton Jr., President  
865-388-3919/[mcmelton@nxs.net](mailto:mcmelton@nxs.net)

## NASHVILLE

Jeff E. Gammons, President  
931-729-9974/[y2kunderthehill@gmail.com](mailto:y2kunderthehill@gmail.com)

## WATTS BAR

Kathleen Garrison, President  
423-365-9048/[eddiekathleen@bellsouth.net](mailto:eddiekathleen@bellsouth.net)

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

## JACKSON

September 8, 2021, 9:30 a.m.

Southwest Electric Membership Corp.,  
1590 Highway 70E

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

## JOHNSONVILLE

September 9, 2021, 10 a.m.

Meeting starts at 11 a.m.

Place TBD

- Annual Picnic
  - Program: TBD
- Mickey Blackburn, President  
931-209-1352/[mwblackb36@gmail.com](mailto:mwblackb36@gmail.com)

## KNOXVILLE

September 21, 2021,

10:30 a.m. Registration,

11 a.m. Program

Douglas Dam Pavilion

- Picnic box lunch \$7
- Jo Anne Lavender, President  
865-300-8272/[jlavender@tds.net](mailto:jlavender@tds.net)

At presstime, the following chapters had CANCELED their September 2021 meetings due to the COVID-19 virus:

## CLEVELAND

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

## GALLATIN

Ronnie "Blue" Monday, President  
615-325-9473/[oemorgan@comcast.net](mailto:oemorgan@comcast.net)

## MISSISSIPPI

Sherry Garrett, President  
662-963-3519/[garrett7481@bellsouth.net](mailto:garrett7481@bellsouth.net)

## MUSCLE SHOALS

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

## PADUCAH AREA

Ken Dickerson, President  
270-442-9539/[kenneth.dickerson@comcast.net](mailto:kenneth.dickerson@comcast.net)

## UPPER EAST TENNESSEE

Leslie P. "Les" Bays, President  
423-782-8458/[Lpbays1@yahoo.com](mailto:Lpbays1@yahoo.com)

## MEMPHIS

September 22, 2021, 11 a.m.

Dale's Restaurant, 126 Main St.,  
Southaven, Miss.

- Program: TBD
- David L. Teuton, President  
901-212-3822/[davidteuton@yahoo.com](mailto:davidteuton@yahoo.com)

## NORTHEAST ALABAMA

September 14, 2021, 1 p.m.

Mud Creek Restaurant, Hollywood, Ala.

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

## PARADISE

September 14, 2021, 10:30 a.m.

Catfish Dock, Everly Brothers Blvd.,  
Powderly, Ky.

- Program: Representative of Court Appointed Special Advocates (for children)
- Patricia E. "Pat" Cobb, President  
270-338-6667/[pecobb1942@att.net](mailto:pecobb1942@att.net)

## WESTERN AREA

September 15, 2021, a.m., 10:30 a.m.

Lake Barkley State Resort Park

- Guest Speaker: Marilyn Brown, TVARS Seventh Director
- K. Renee Turnbow, President  
270-205-5277/[krturnbow@gmail.com](mailto:krturnbow@gmail.com)

### Washington Update... continued from page 13

at presstime, but these four nominees say they are excited about the opportunity to serve on the TVA Board and have been meeting with members across the TVA delegation and in the Senate.

The confirmation process can be lengthy and tedious, so this commitment to TVA and our mission is a strong foundation for service to the Valley.

The Federal Affairs team also is grateful for the opportunity to represent TVA in Washington, and we look forward to all that is ahead of us this coming fiscal year.



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

We will be sending emails to all members from time to time concerning invitations to chapter meetings, volunteer opportunities, the TVA-sponsored Valleywide 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@mytvara.org](mailto:rjwhitson@mytvara.org)  
Jean Bryson — [sjbryson@mytvara.org](mailto:sjbryson@mytvara.org)  
Richard Wilson — [rtwilson@mytvara.org](mailto:rtwilson@mytvara.org)

## Receiving TVARA News 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 chose to receive the newsletter by email, it would save TVARA printing and mailing costs. Also, you would receive the newsletter up to three days earlier.

If there is an article or photo you would like to save in paper form, you can make a printed version from your email version of the newsletter.

There currently are more than 460 retirees who receive their *TVARA News* by email. If you would prefer to receive it by email instead of mail, send an email to [rtwilson@tva.gov](mailto:rtwilson@tva.gov) and let me know.

Thanks for your continued support of the TVA Retirees Association.

### Has Your Contact Information Changed?

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

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be leaders in finding solutions to these problems, which is why we made an ambitious carbon-neutrality commitment.

“Our goal is not just about Vanderbilt becoming carbon neutral, but to serve as a model for others in our community and beyond to address climate change.”

The partnership was the first of its kind under TVA's Green Invest program, which aims to attract, retain, and grow jobs and investment in local communities, while demonstrating environmental leadership through sustainability and carbon reduction.

“We also see this partnership as a learning opportunity for students, so the proximity made Bell Buckle an ideal location for a solar farm,” Kopstain says. “As we gained insight into developers, we realized Silicon Ranch is a partner that shares all of our values and can provide learning opportunities and internships.”