

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 reports \$8.4B asset estimate

By COURTNEY HAMMONTREE, Lead Benefits Consultant, TVA Retirement Operations

As of June 2024, the TVA Retirement System reports an asset estimate of \$8.4 billion.

For the second quarter of 2024, U.S. equity-sector returns were mostly negative for the quarter, outside of information technology and communication services. Fixed income was mixed, longer maturity bonds posted negative returns, and shorter maturity bonds ended the quarter slightly positive.

Plan assets were minimally impacted throughout the quarter due to diversification and reduced risk among the assets.

TVARS is well-positioned following the September 2023 approved-asset-allocation changes that reduced portfolio risk, while maintaining the same expected return.

TVARS continues to have confidence that current and future benefits are secure, and that the plan will be fully funded over time.

Bank of New York Mellon

To access your monthly direct-deposit statements or annual-tax forms online, visit tvars.com/retirees, click on the BNY Mellon link, and log in or create your account.

On the BNY Mellon website, you also can update your address, as well as tax-withholding and direct-deposit information.

For assistance, call BNY Mellon toll-free at 844-545-1256.

Other questions?

If you have any other retirement-related questions, please email tvars@tva.gov or call 800-824-3870 toll-free.

Vickie Ellis Serving Again as TVARA's President

By VICKIE ELLIS, TVARA Valleywide President

We have had a recent change in leadership in the TVA Retirees Association. Effective July 1, I have assumed the role of TVARA Valleywide President again.

I am honored once more to lead this exciting organization that represents the dedicated retirees of TVA.

A big “thank you” to our outgoing President, Jo Anne Lavender. Jo Anne has done a wonderful job, and we very much appreciate her dedication. She isn’t going far, as she will continue to serve on the TVARA Board as Immediate Past President.

Other officers who assumed their new roles in January are Les Bays, Vice President, from the Upper East Tennessee Chapter, and Kate Davis, Secretary, from the Nashville Chapter. Remaining officers include Lisa Overly, Treasurer; Richard Wilson, Membership Coordinator; and Penny Walker, Volunteer Coordinator. Terri Welty and Jean Bryson manage our administrative functions.

Recent chapter meetings were held throughout the Tennessee Valley and were well-attended. There were some picnics, interesting speakers, and an opportunity to reconnect with co-workers. TVA also provided an insulated cooler as a gift to all attendees.

We encourage you to attend your chapter meetings and get involved with the many projects chapter members are undertaking for the benefit of our communities. You can find a list of upcoming meetings in this newsletter.

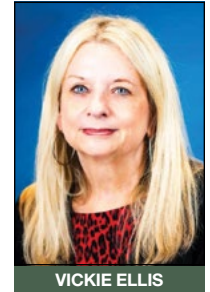
We are very much looking forward to our annual TVA Retiree Appreciation Luncheon. The luncheon will be held on Friday, Sept. 13, at the Chattanooga Convention Center. Registration starts at 10 a.m., and the luncheon and program are scheduled to conclude at 1 p.m.

There will be many exhibitors representing STEM and robotics programs, Retirement Services, Delta Dental, Fidelity, and various TVA organizations. Registration is open until Sept. 6. Registration information can be found on page 16 of this newsletter.

Enjoy the rest of your summer and take advantage of the lakes, mountains and all the outdoor activities the Tennessee Valley has to offer.

See you Sept. 13!

(Vickie Ellis served as TVARA President in 2020 and 2021 and as Immediate Past President from Jan. 1, 2022, through June 30, 2024.)



VICKIE ELLIS



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Jo Anne Lavender
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Online: tvars.com

Retiree or Beneficiary Death Notification

Notify the TVA Retirement System by email or phone.

Fidelity 401(k) Plan

Phone: 800-354-7121, toll-free

Online: nb.fidelity.com/public/nb/tva/home

BNY Mellon Payments

Phone: 844-545-1256, toll-free

Online: tvars.com/retirees,
 click on BNY Mellon link.

Change of Address

Notify BNY Mellon by using the back of any BNY Mellon statement. The address-change form also can be found online at tvars.com/retirees.

Medical and Drug Coverage

Call **Blue Cross Blue Shield (medical)**

toll-free at 800-245-7942

Call **Express Scripts (drug)**

toll-free at 800-935-6203

Or call **People First Solution Center**

toll-free at 888-275-8094

Over 65? Call Via Benefits

(formerly OneExchange) toll-free
 at 866-322-2824

TVARA Membership

Contact Richard T. Wilson
 at rtwilson@tva.gov
 or call him at 865-632-8542

TVARA News Information

Contact tvara@tva.gov or call
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 toll-free at 877-335-1222

TVARA's Web address is mytvara.org

The TVA Retirees Association is the official organization of all TVA retirees. It was organized to serve the varied interests of TVA and its retirees and their beneficiaries, and to help keep them informed of TVA developments affecting their interests. It has been recognized by TVA as the responsible representative of retirees in conveying retiree views.

TVA NEWS & NOTES

The following news item was provided by Liberty Phillips, Employee Communications (Retiree), TVA Communications:

Cornerstone of Clean Energy, Browns Ferry Celebrates 50 Years

Tucked along the Tennessee River, on North Alabama's Wheeler Reservoir, stands a testament to engineering excellence and community partnership: Browns Ferry Nuclear Plant.

On Aug. 1 this iconic plant hit a significant milestone — 50 years of service.

Operated by TVA, an enterprise deeply ingrained in the fabric of the local community, Browns Ferry is celebrating decades of safe, reliable power generation and a commitment to sustainability and community service.

"We are excited about the last 50 years of operation at Browns Ferry Nuclear Plant," says Manu Sivaraman, who served as Browns Ferry Nuclear Site Vice President from August 2022 to June 2024. "And when I think about the demand for power in the next 20, 30 years, we have an opportunity to create a new legacy for the next 50 years."

In August 1974, TVA began commercial operation for Unit 1, the first of three units at Browns Ferry now supplying energy to the people of the Tennessee Valley.

Initially designed to meet the energy demands of a growing population, this nuclear plant has served as a cornerstone of clean-energy production.

Unit 1's operating license was renewed in 2006. And when it was restarted in May 2007, President George W. Bush visited the plant to congratulate TVA on bringing the first nuclear unit online in the 21st century.

Marilyn Thompson Moore, TVA's Nuclear Chemistry Supervisor, says, "It takes a team to do what we do. It takes chemistry, operations, machinists, electricians, all of us combined to make a product."

Sivaraman says recent upgrades and license-renewal extension showcase Browns Ferry's dedication to maintaining the highest standards of safety and reliability.

"We're going to invest heavily in the plant's assets to upgrade equipment," he says. "We've already started that over the last few years, and it's going to continue."

These enhancements not only extend the plant's operational lifespan but also incorporate state-of-the-art technologies that further minimize environmental impact and maximize energy output.

Wes Clark, TVA's Nuclear Plant Shift Operations Manager, says, "What I do at Browns Ferry could affect the entire nuclear industry. That's 'I' as in 'Our Team.' We have a direct impact. We have the trust of the public, and we only need to do



Browns Ferry Nuclear Plant has combined safety and reliability with commitment to community.

things that would further that trust.

“I’m looking toward that technology — carbon-free-type technology — in a way that’s safe and trusted by the public.”

Thompson Moore says beyond its role as a vital energy-provider, TVA has cultivated strong ties with the North Alabama region, including Athens and Decatur, over the past five decades.

“TVA is not just talk,” she says. “We walk the walk, and we give back to the community. We had different tornadoes that really damaged our surrounding areas, and we were able to go back out and help those individuals get back on their feet.”

Browns Ferry employees give back to

the community through volunteer work, including the renovation of the playground at a Decatur elementary school and park-cleanup days.

Employees also donate to the annual Combined Federal Campaign, which allows them to target their pledges to local charities and nonprofits.

The 50th-anniversary celebrations wasn’t just about looking back on past achievements, but also about reaffirming these longstanding partnerships.

As the global-energy landscape evolves, Browns Ferry Nuclear Plant remains at the forefront of innovation. TVA continues to explore renewable-energy solutions and to invest in research and development to further enhance the efficiency

and sustainability of its operations.

“Browns Ferry supplies close to 20% of TVA’s generation that’s carbon-free, reliable power year-round,” Sivaraman says. “As time goes on and the growth of the Valley region is occurring, people need power that is stable, reliable, long-term year over year, decade over decade.”

The Browns Ferry anniversary was a celebration of past, present and future — and a testament to the power of collaboration, innovation, and community spirit.

As the lights of the plant continue to glow in the night, one thing is clear: The legacy of safe, reliable and sustainable energy production at Browns Ferry Nuclear Plant will endure for generations to come.

New Book Looks at TVA’s Valuable WWII Work

By LIBERTY PHILLIPS, Consultant, Employee Communications (Retiree), TVA Communications

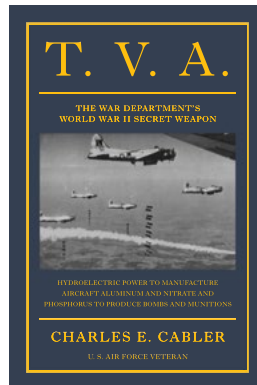
TVA retirees, employees, and others can step back into history with “T.V.A./The War Department’s World War II Secret Weapon,” a new book that is scheduled to be released in mid-September.

Charles E. Cabler, a U.S. Air Force veteran and author of two previous military-history books, says he “meticulously researched this work in order to shed light on the remarkable contributions of TVA during the tumultuous years of World War II.”

Through this book, he says readers can discover the lesser-known story of the role TVA played in working with the War Department and Chemical Warfare Service during WWII.

“That ranged from producing electricity to aid in aluminum manufacturing, to producing nitrate and phosphorus for munitions, as well as the research, initial design, and operation of a food-dehydration process,” says Cabler, who has cobbled a compilation of surprising contributions made by TVA.

“As someone who didn’t work for TVA, I have come to learn



that this is a story most people don’t know, and it is one that most people won’t find without extensive research. This story needed to be told to acknowledge TVA’s contributions to the war effort and to make this information easily accessible and preserved for historical purposes.”

Cabler says he drew upon numerous government reports, published articles, library archives, interviews, and personal letters with individuals and organizations, in order to bring to life TVA’s pivotal role in the war.

“I was assisted in this project by several TVA retirees, along with TVA Historian Pat Ezzell, and TVA Assistant General Counsel Sherri Collins,” he says.

He hopes the book’s “engaging photos and insightful exploration of wartime contributions will appeal not only to history enthusiasts but also to anyone captivated by stories of innovation.”

Upon its release, “T.V.A./The War Department’s World War II Secret Weapon” will be available in print only at online retailers.

Inside new
mytvara.org ...

See the new TVARA website mytvara.org for information on:

- Chapter Meetings and Activities
- Upcoming Tours
- Service Projects
- Regional Appreciation Events
- TVARA and TVA News
- Travel Articles
- Retirement and Benefits

Open Enrollment Coming Soon for Medicare Retirees

By **SANDIE SMITH**, Benefits Consultant, TVA Benefits & Well-Being

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 2025.

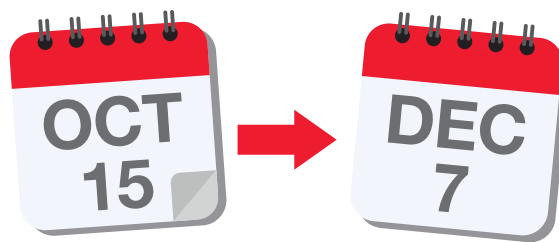
If you purchased an insurance plan through Via Benefits, you will be receiving more information from that service this fall. All Medicare-eligible retirees are encouraged to call Via Benefits every year to discuss health-insurance options.

Be sure to review all materials that your current insurer may send, such as the Evidence of Coverage and Annual Notice of Change, to ensure they still meet your needs for 2025. 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 844-620-5725 or your State Health Insurance Assistance Program (toll-free 877-801-0044 for Tennessee) during the Open Enrollment period beginning Oct. 15.

Enrollment in Medical Plan for non-Medicare retirees

The election period for non-Medicare retirees to change their TVA medical-plan option for 2025 is Oct. 16-Nov. 13. *Election materials will be mailed to each enrolled retiree's home in early October. The materials will include information on 2025-plan changes and premiums.*



Educational enrollment webinars will be available to discuss the 2025-plan changes and updates. Keep an eye out for your opportunity to sign up, discuss the 2025 changes, and ask questions virtually. The webinar schedule and registration instructions will be in the guidebook mailed to retiree homes before open enrollment.

Retirees should start planning now. Remember, if you want to change your election, be sure to do so by Nov. 13.

Reminder: Watch your balance on Health Savings Account

Eligible Consumer-Directed Health Plan participants 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 2025 TVA contribution to your HSA, you must have an active account on Jan. 1, 2025.

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

If your account has been closed due to inactivity, call the Solution Center toll-free at 888-275-8094 to have it reopened. HSA bank will need to reopen accounts closed for reasons other than inactivity.

You must contact HSA Bank directly if your account was closed for any reason other than inactivity.

PayPal, a new way to pay dues

By **RICHARD T. WILSON JR.**
TVARA Valleywide Membership Program Manager

You can now pay your TVA Retirees Association membership dues through PayPal. In fact, 169 retirees already have done just that.

PayPal has proven to be very convenient in such transactions. It only takes a few minutes, and TVARA will receive your payment in its PayPal Account immediately. That means no checks, stamps, weather delays, or trips to the post office, and nothing getting lost or delayed in the mail.

You will also receive a Payment Confirmation email from TVARA upon receipt of your payment.

If you pay by PayPal, the annual membership dues are \$15 per year plus a \$1 processing fee for a total of \$16 (\$32 for

two years, \$48 for three years, etc).

Just enter paypal.com/paypalme/tvaradues/16 in your browser on your PC or phone and follow the PayPal instructions. (You will soon be able to click on that link on the TVARA website, mytvara.org, to pay your dues via PayPal.)

Of course, you can still pay your dues by check, money order, or Online Bill Pay, although those currently paying by Online Bill Pay may consider using PayPal instead.

Feel free to email me at rtwilson@tva.gov or call me at 865-632-8542 if you have questions.

Welcome to PayPal!

Chapters continue reaching out to communities

The TVA Retirees Association's **Gallatin Chapter**, with a grant from Bicentennial Volunteers Inc., has provided \$9,700 to the Hands of Hope Food Pantry in Portland, Tenn., to be used for the purchase of food/toiletry items. The pantry, established in 2020 at the onset of the pandemic, is set up like a grocery store in which clients can shop for food and hygiene items. Grocery items range from meats and vegetables to dairy products and canned goods. All pantry-staff members are volunteers, and it is operated strictly on donations. Volunteers bag the items and take them to the customer's vehicle; providing an "old fashioned store" experience to make the client feel special.

The Johnsonville/Cumberland Chapter was recognized by the American Legion in Humphreys County, Tenn., for its donation of funds to assist in desperately needed repairs to the historic building that houses Post No. 34. The building was constructed in 1885 and has been used by the American Legion since 1934. TVA North Region Community Relations Manager Chris Smith assisted in securing a \$10,000 donation for the chapter.

With the assistance of BVI, Johnsonville/Cumberland donated \$1,500 to the Bethesda Community Mission in Erin, Tenn., to assist residents with food and utility bills. This was the chapter's first donation to Bethesda and aid will continue whenever possible.



From left, TVARA Johnsonville/Cumberland Chapter Treasurer John Phillips and President Mickey Blackburn, TVA North Region Community Relations Manager Chris Smith, and Georgene Matsuyama of Humphreys County American Legion Post No. 34

Johnsonville/Cumberland continued providing community outreach by donating \$5,000 to Shelly's House, a residence for women and children who need temporary housing. A donation of \$2,500 was made to High Socks for Hope, an organization continuing to assist victims of the horrific 2021 flooding of Waverly, Tenn. The donations were secured by grants from BVI.

The Knoxville Chapter, in partnership with Clinch River Chapter Trout Unlimited, provided \$2,500 in funding for the annual Kids Fish Free Day. TVA supports this project by controlling water flow and with employee volunteers. The Tennessee Wildlife Resources Agency aids by stocking the



Kids Fish Free Day participants and volunteers

river with trout. The chapter's donation covers the cost of T-shirts for the children, lunch for them and for their family, fishing rods/reels, and door prizes. The funding was made possible by BVI.

The Mississippi Chapter provided \$14,500 in funding to Transformation Garden, a facility that aids victims of sex-trafficking who are survivors of sexual trauma/exploitation. The donation will be used specifically to fund an additional resident in the facility, to cover the costs of shelter, clothes, food, medical/dental/vision/prescription drugs, and transportation. Some of the funds also will be used to support the Equine Therapy Program for residents.

The chapter also assisted Restoring Hope with a donation of \$14,500. The agency provides support and services to individuals and family members recovering from the effects of an addiction. The funding will assist in mentoring individuals and family members, while aiding with job-placement activities, finding housing, aiding with educational needs, and helping with essentials such as food and toiletries.

Funding for both projects was made available through BVI.

The Muscle Shoals Chapter once again worked with the Community Action Agency of Northwest Alabama to provide vouchers to low-income residents for the annual Gerald G. Williams Cooperative Garden Project. This year chapter members provided more than 240 volunteer hours in registering applicants for the program. More than 820 applications were submitted, and 737 vouchers were used. Each voucher was for \$50.



From left, Muscle Shoals Chapter Treasurer Greg Vandiver, with Community Action Agency of Northwest Alabama's Carley Ashe and its Director, David Cosby

This effort by the Muscle Shoals retirees has been an ongoing project for many years and would not be as successful as it has been without funding from BVI. This year \$35,000 was provided for this worthwhile community-outreach project.

The Paradise Chapter assisted the Open Heart Open Hand Food Pantry with a donation of \$5,000. The food pantry provides food to low-income residents in the

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Our (Real, Not Reel) Griswolds' Paris Olympic Vacation

A movie I've enjoyed in my "older" age is "The Bucket List," in which Morgan Freeman and Jack Nicholson determine things they want to do before they die. Well, I've had some pretty amazing bucket-list moments with my husband, Alan Griswold, from lying in the grass gazing down on Machu Picchu's Peruvian ruins to watching a spectacular sunrise sitting on the rim of the Grand Canyon to birthing our children, Chris and Emily.

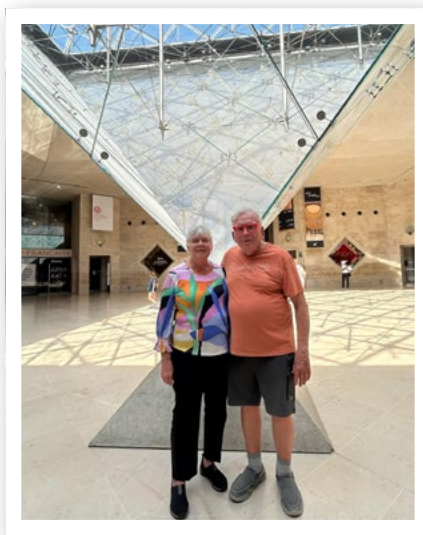
So, when our son Chris called one day early this past winter and asked, "Would you and Dad like to go to the Olympics in Paris?," our answer was "Absolutely!"

Officially, this would check three boxes on my personal bucket list: Go to Paris, attend Olympic Games, and visit the tennis venue Roland Garros.

Chris was able to score tickets to three competitions as a corporate employee of one of the Olympic sponsors. His wife was unable to go, so we joined him along with our daughter, who was already planning to be in Switzerland and Italy with her husband.

The greatest thing about traveling with our 30-something adult children: They are techno savvy, frequent foreign travelers, and take care of everything! It was perfect — Alan and I could tag along and enjoy ourselves.

My immediate idea was to emulate those famous fictional Griswolds in the "European Vacation" movie: Make T-shirts with "Griswolds' Paris Olympic Vacation" and buy berets to toss off the Eiffel Tower.



Bonnie Bolejack and Alan Griswold at the Louvre

My family's response, in unison: "No Way!"

The night before we left, we watched the amazing opening Olympic ceremonies while lounging in our recliners at home in Hendersonville, Tenn. I was so amped afterward that I slept about one hour before facing a seven-hour time advance the next day.

Our flight left Nashville around 11 a.m. on Saturday, and we arrived in France about 8:30 a.m. on Sunday. Both Chris and Emily advised us not to use our precious time to sleep in order to combat jet lag, so we explored our neighborhood first thing after checking in at our Airbnb. Our flat was literally across the street from

Roland Garros.

One of my first "aha moments" was how incredibly secure the area was around the competition sites. There were local police and "National Police" everywhere we ventured, and they were very friendly and helpful. Having camo-clad groups carrying automatic weapons had a way of making me breathe more easily.

The only downfall was our Uber drivers were limited to dropping us outside secured areas, which did entail a great deal more walking to our destinations, including our flat. Another "aha" was that air conditioning in Paris was either skimpy (set at 80 degrees) or nonexistent. I did long quite often for good old cheap, reliable TVA electricity.

Our extremely nice apartment was in a newer building but had neither AC nor screens. In fact, I did not see a screen

the entire time I was in Paris, but saw, instead, many open windows and doors. With a couple of 90-degree days, we chose to sleep with our windows open for a breeze, and regrettably, mosquitoes.

While discussing “aha”s, I must add my most major one — the antiquity of the city. Everywhere we went in Paris, I was struck with the incredibly aged buildings of stone, the classic architecture.

We live in a country that is under 300 years old. The first permanent settlement was Jamestown, Va., in 1607. Yes, we have a scattering of older, classic “European-style” buildings, but it pales in comparison, and the contrast is overwhelming.

One final revelation before I continue. The French people were incredibly friendly and helpful. So many of my friends had warned me to expect impatience, rudeness, and indifference from the general population. Thankfully, this wasn't our experience.

Now, there weren't any “Hi, y'all”s like we hear from good old Southerners, but many “bonjour”s and “bonsoir”s and “de rien”s (that's “you're welcome”). The French volunteers at the Olympic venues were particularly helpful.

Our first Olympic event was tennis. We were to see a match between Serbian superstar Novak Djokovic and German unseeded player Dominik Koepfer. I was hoping we would have decent seats, since this was my most anticipated event.

I played competitive team tennis well into my 60s and follow the sport religiously. Although not a Djokovic fan, I was excited to witness, in person, the player many believe will be the best ever to play the game.



Novak Djokovic in the Olympic Tennis Mens Singles third round. He would go on to win the gold medal.

You could have knocked me (and Alan, Chris, and Emily) over with a feather when we were escorted to our seats — first row of box seats at the end of center court, Court Philippe Chatrier! I'm quite sure if we had had to pay for this box, it would have exceeded a thousand U.S. dollars.

The match began at noon, and the temperature was nice and the breeze nicer. The stadium was full — almost 15,000 people.

Roland Garros surfaces are characterized as “red clay” but are actually limestone mixed with red-brick dust. They play slower than hard and grass courts and gave Djokovic an edge over his younger rival.

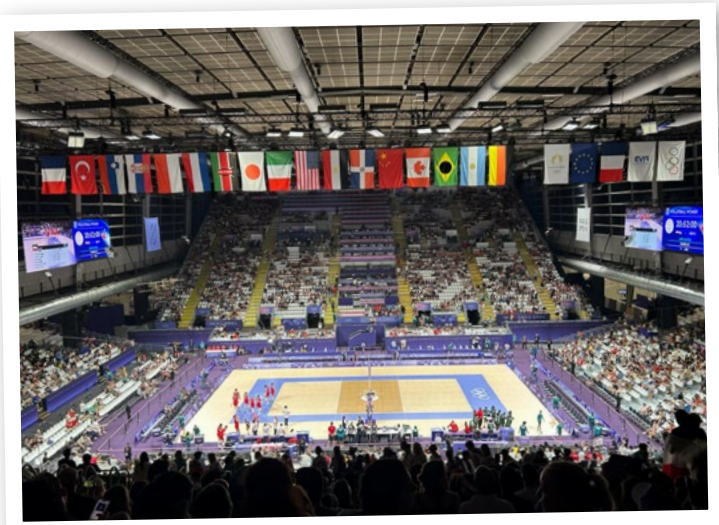
The first set was very competitive, with Djokovic winning 7-5. He is a great “front-runner” and stayed ahead in the second set, winning 6-3. It was an amazing feeling being less than 10 feet from a tennis icon, closer than I would ever have dreamed.

I was impressed with the logistics of the match — the precision of the line judges, the excellence of the ball boys and girls. It was exciting to be a part of a crowd overwhelmingly supporting the underdog, Koepfer, and to yell “Allée! Dominik! Go!” But Djokovic would go on to win the gold medal a few days later.

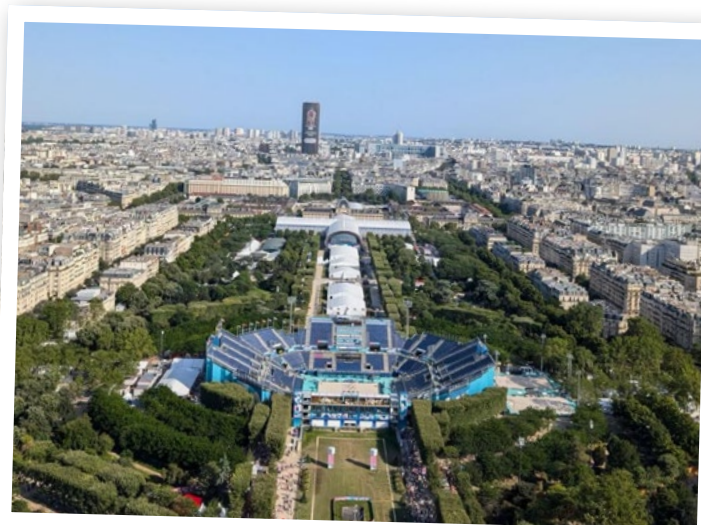
The second match was a quarterfinal between veteran German player Angelique Kerber and sixth-seeded Chinese player Zheng Qinwen. I had always been a fan of Kerber, and she had announced before the Olympics began that she would retire after the tournament.

The match lasted more than three hours, with Zheng winning

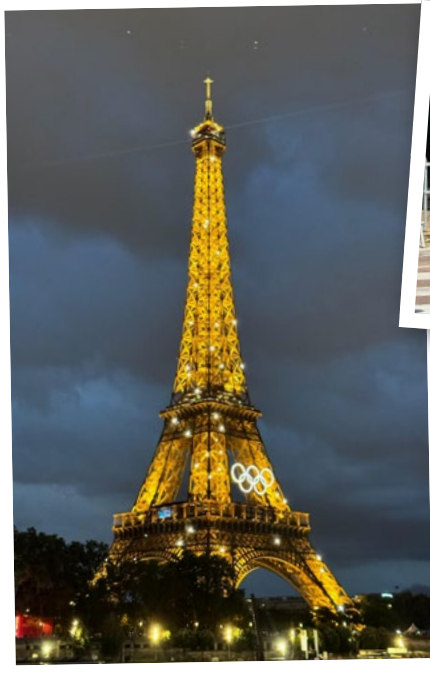
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Poland vs. Kenya Women's Volleyball matchup, which Poland won 3-0



Olympics Beach Volleyball, viewed from the top of the Eiffel Tower



These French National Guard members were part of the security forces on patrol throughout Paris.

The magnificent Eiffel Tower at night with the Olympic rings aglow

There was a mistress of ceremonies who not only called the match but also started the appropriate chants. For example, when a spike was particularly fierce, the chant was “Monster Spike, Boom, Boom, Boom!” This was accompanied with hand movements—monster claws pawing the air in tandem with the “Boom”s. When a serve wasn’t returned, the chant was: “Ace, Ace, Ace!” This was accompanied with “raise the roof” hands.

I must admit, I was all in!

Many of the fans were decked out in ethnic costumes or in their country’s colors. People-watching was almost the best part of the Olympics.

The crowd pulled hard for the underdog, Kenya, but the Polish women won in three straight games. Although we had no dog in the fight, we thoroughly enjoyed the cacophonous celebration. When we exited the venue at nearly the midnight hour, it appeared the party was just beginning at the Parisian street cafes and open bars.

A good time was had by all!

Our final Olympic event was swimming. During our block of time, we witnessed mainly preliminary heats being swum. We finally did get to root for American athletes in the men’s 4x100-medley relay and the women’s 50 freestyle. It was fun to finally chant “USA, USA!”

The USA men’s team we cheered eventually won the silver medal, relinquishing a six-decade Olympic streak of golds. American Gretchen Walsh eventually missed medaling by one-hundredth of a second.

This competition, like volleyball, was a party, but with even more audience investment, since so many countries were represented.

When we weren’t at an Olympic event, we did our best to hit the high spots of Paris.

in three sets. The final set ended in a tie-break, with Zheng hitting a perfect drop shot that Kerber was unable to return. What a thrilling match for Kerber to end her career and for us to witness.

Following tennis, we visited the (mercifully) air-conditioned Official Olympic gift shop, where I splurged on T-shirts to impress my friends back home in my Active Older Adult exercise classes at the YMCA. (It’s hard to impress anyone with fashion when you’re almost 75.) As we were leaving the shop, one of my favorite players, Rafael Nadal, walked right in front of us on his way to a practice court. Thrilling!

Our second Olympic event was women’s volleyball, a match between Poland and Kenya. The match didn’t start until 9 p.m. Paris time. When we watch Olympic television coverage in the United States, we aren’t very aware of the six-hour time difference between Eastern Daylight time and Paris time. Many events take place while America is at rest and are replayed during our peak watching hours.

The volleyball venue was an indoor, older building, with obviously temporary stands. Unfortunately, there weren’t any front-row seats this time. We were in row 48, a staggeringly steep climb up open metal steps — not my cup of tea.

It’s hard to describe the atmosphere—think rock concert meets tractor-pull meets Mardi Gras! The lights were a spectacle of swirling color except for the court, which remained brightly lit. The music was a blaring, rambunctious, constant blend of Euro-techno and English/American rock (including a stylized “Country Roads” by John Denver).



The iconic Arc de Triomphe on the Champs-Élysées

Our first adventure was the Champs-Élysées — the “Elysian Fields” — considered one of the world’s most famous streets. This amazing boulevard begins at the Arc de Triomphe, which memorializes victories in the Napoleonic Wars.

At the base of the Arc is France’s Tomb of the Unknown Soldier, which was erected after World War I. We elected not to do the 286-step climb to the Arc’s observation deck. Instead, we enjoyed a walk along the Rue de Rivoli, a tree-lined avenue, seeing all of the upscale shops, businesses, and cafes. There were dozens of open markets selling everything

from tourist trinkets to high-end oil paintings and glassware.

The Eiffel Tower is the most iconic symbol of Paris and of the 2024 Olympic Games, and it was our next stop. I have seen the tower in photos, books, and movies forever, but you haven't seen the Eiffel Tower until you're at the Eiffel Tower.

One can't appreciate the majesty of its design, engineering, and beauty until standing beneath the over 1,000-foot "la Dame de Fer" or "Iron Lady." We enjoyed several hours at the tower and grounds. From the top floor, which is accessible from eight elevators, you can look out upon the entire city.

I particularly enjoyed watching children from all over the world chasing Paris's pervasive pigeon population, a shared childhood whimsy. It was an idyllic summer day. We were surrounded by people from all over world, speaking dozens of different languages, representing a menagerie of cultures — all appreciating the same spectacular afternoon.

It's a memory I will carry with me.

Next, we visited the Louvre, France's most famous national art museum. It is on the Right Bank of the Seine River, which hosted most of the Olympic opening ceremonies. The museum is housed in the Louvre Palace, the principal residence of French kings from 1546 until Versailles was built by Louis XIV.

The Louvre collections number more than 35,000. Thus, it is almost impossible to do justice as a visitor, unless you have many days to visit. Unfortunately, we visited on an extremely busy Sunday amongst large crowds. (I later read in my pocket travel guide that "Crowds can be miserable on Sundays." Lesson: Read your travel guide before you travel.)

We spent most of our visit observing the Egyptian, Greek, and Roman exhibits. We were able to see the most famous icons: Venus de Milo, Winged Victory of Samothrace, Leonardo Da Vinci's Virgin and Child. We got a brief visit with the Mona Lisa, which, I concluded, like the Kardashians, is famous for being famous. Sorry, Leonardo.

I ended up enjoying the architecture of the museum as much as the collections. My



The glass-and-steel pyramid at the Louvre



Clockwise from above, from left, Alan Griswold, Bonnie Bolejack, Emily Griswold Nelson, and Chris Griswold at the Palace of Versailles; Claude Monet's *Impression: Sunrise* at the Marmottan Museum of Monet; and the famous ceiling and chandeliers in the Hall of Mirrors at the Palace of Versailles

last advice is dress coolly for the Louvre, as there is little cool air there.

Several days later, we visited the Marmottan Museum of Monet, which houses the largest collection of the works of Claude Monet, one of my favorite artists. The museum is in an impressive building, a "hunting lodge" purchased in 1882 by the Duke of Valmy. (Hunting lodges in the United States are far less impressive, unless built by the Vanderbilts.)

The museum houses a large collection of Impressionist works by Monet and also includes works by Renoir, Pissarro, Gauguin, Manet, and Degas. I felt fortunate to stand two feet away from *Impression: Sunrise* by Monet, one of my favorite paintings. This work of art gave name to the Impressionism movement.

In 1966, Monet's son and only heir, Michel, donated the bulk of the museum's collection of his father's works. We were able to have an open, leisurely stroll in an uncrowded museum, with plenty of seats for extended viewing.

Later, we sat on a bench and enjoyed the greenery of a park between the museum and one of Paris's "embassy rows."

On the advice of a friend, we decided to visit Montmartre, the "Mount of Martyrs," where the first Christians of Paris were slain in the third century. This is the site of the Basilica of the Sacred Heart, built between 1875 and 1919 and financed by small offerings. The impressive church is

Continued on next page

Roman-Byzantine architecture distinguished by three main domes, which, I assume, represent the Father, Son, and Holy Spirit.

Visitors removed their hats and maintained silence during our tour. Many of them lit candles, and chanting could be heard at times, in the background. The steps in front of the Basilica offered our most astounding view of the city.



Basilica Sacre Coeura (Basilica of the Sacred Heart)

The only difficulty we encountered the entire week was leaving Montmartre. Much to our surprise, one of the Olympic cycling events was to pass the Basilica soon after our departure. So, instead of meeting our Uber at the initial drop-off directly at the church, we had to descend a narrow side street of cobblestones at about a 45-degree angle.

Translation, it was long and steep!

Our 36-year-old son and 32-year-old daughter made the trek in record time. We seniors arrived just as the Uber did.

But the adventure was just beginning. Our driver could not find a route off the mountain because the roads were all blocked for the cycle race. Two hours and 150 euros later, we returned to our apartment. However, we did get to see the most interesting and diverse part of Paris from the seats of our Mercedes van.

We couldn't leave without seeing the Palace of Versailles, 12 miles west of Paris. I was particularly interested in the amazing gardens and the Olympic equestrian venue.



Just a small sampling of the amazing French food and beverages that can be found through Paris



When we arrived, I was astounded by the sheer size of the palace. The center section was built as a "simple" hunting lodge by Louis XIII. Louis XIV began an expansion that spanned almost 45 years and added two additional wings, creating its current U-shape.

In 1682, the seat of government was moved to Versailles, making it the de facto capital of France. As we moved through the palace, I was impressed with the Baroque architecture, the marble columns and floors, the damask silk wall coverings, the intricately carved furnishings, and the amazing works of art.

Each room became more elaborate and lavish, to the point that I almost became bored with the opulence. Then I entered the Hall of Mirrors — more than 200 feet long, with 578 mirrors reflecting light from 17 exterior windows.

I should have felt awed. However, my first thought was, "Now I totally understand the French Revolution." I understood the beheadings of the king and Queen Marie Antoinette, who, when told the people had no bread, reputedly said, "Let them eat cake."

I immediately became grateful that George Washington refused to become a "king" and opted to live in the pastoral setting of Mount Vernon.

My last few words here must praise French food. Many of the iconic French restaurants elected not to be open during the Olympics. I suppose they were scared off by the visions of fans in sports bars all over the world.

Despite this, we had some really amazing meals. I will also carry the memories of the best simple omelette and hot chocolate from Angelina's on the Rue de Rivoli, and the Niçoise salad at the Gramaci Restaurant. My favorite meal was the French onion soup and crème brûlée at Le New York café just across from the Eiffel Tower. We finished that meal just as the tower glowed with 20,000 lights and lit up the city at 10 p.m. What a night!

So, our Paris adventures have ended, and we have returned to Hendersonville. And my sage advice to you is to experience those bucket-list items of your own before you kick the bucket.

Although, I must confess, as I watched the Olympics from my recliner, I recalled words from another favorite movie: "There's no place like home!"

(Bonnie Bolejack was an Attorney in the Office of the General Council, Office of the Inspector General, and Human Resources & Diversity and retired from TVA in 1993 after 17 years of service. Her husband, Alan Griswold, was Assistant Director of Personnel and retired as Manager of Trade Labor Relations in 1994 after 24 years of TVA service).



Tennessee Women’s Policy Summit Salutes Successes

By JESSICA HOGLE, TVA Vice President, Federal Affairs



JESSICA HOGLE

On July 24-25, TVA’s Federal Affairs team co-hosted the first-ever Tennessee Women’s Policy Summit. The event in Washington, D.C., focused on pressing issues facing the electricity sector today — maintaining reliability in the face of growing power demand, innovating while also maintaining affordability, and seeking opportunities to develop the utility workforce of the future.

Our staff was joined by TVA Directors Beth Geer, Beth Harwell, and Michelle Moore, along with TVA President/Chief Executive Officer Jeff Lyash and TVA Executive Vice President/Chief External Relations Officer Jeannette Mills.

The Summit was well-attended by Members of Congress, including U.S. Sen. Marsha Blackburn of Tennessee and U.S. Sen. Cindy Hyde-Smith of Mississippi, as well as members of congressional staffs and representatives from industry, local power companies, trade associations, and labor partners.

Over the course of two days, TVA hosted a dinner and reception to kick off the event on Wednesday, then a half-



Sen. Marsha Blackburn addresses the Summit attendees.

day forum on Thursday, with panels and presentations. Lyash participated in a fireside chat with Appalachian Regional Commission Co-Chair Gayle Manchin. Both organizations share a common mission to foster growth in an economically disadvantaged region of the United States.

Key takeaways emerged from the Summit that can serve as a roadmap for industry leaders and policymakers who want to ensure that women are a driving force in shaping how the energy industry moves forward. These takeaways included the following messages:

- Affordable, reliable, resilient clean energy is foundational to economic security and safety.
- Women’s perspectives are vital to creating sustainable economic growth.
- Partnerships are crucial to ensuring access to programs managing the energy burden.
- Workforce pipelines in the clean-energy transition must include opportunities for women.
- Supporting women in energy requires an all-of-the-above approach.

The event showcased the important work of TVA, furthered TVA’s partnerships in Washington and with a number of key stakeholders, and gave us all a great deal of feedback to use as we continue to serve our communities and support the talented women in our workforce.

Celebrating TVA’s Week of Service

Groups across TVA marked TVA’s 91st anniversary in May with service projects. The Federal Affairs team gathered to mark TVA’s Week of Service, packing activity bags for Children’s National Hospital. The bags included TVA EnergyRight coloring books, T-shirts, and capes, plus crayons and more. Everyone appreciated the opportunity to honor TVA’s 91st anniversary and mission of service.



Federal Affairs team members, with activity bags they packed for Children’s National Hospital as part of TVA’s Week of Service



From left, among those attending the Tennessee Women’s Policy Summit in Washington are TVA Director Michelle Moore, U.S. Sen. Cindy Hyde-Smith, TVA Directors Beth Harwell and Beth Geer, TVA Vice President of Federal Affairs Jessica Hogle, and TVA Executive Vice President/Chief External Relations Officer Jeannette Mills.

Valley's Lovely Little Canyons Prove To Be Grand in Their Own Ways

By GREG WINGO

When you think of outdoor features in the South, canyons would not be among the first things to come to mind.

Instead, you might envision densely wooded forests, farm fields as far as the eyes can see, and root-riddled, rocky trails spanning the nearly 500-million-year-old Appalachian Mountains range.

However, the Tennessee River Valley has some very impressive canyons strewn throughout its landscape, as well. And one of my most recent adventures was to explore and compare a couple of them in the Lookout Mountain region — Little River Canyon, near Fort Payne, Ala., and Cloudland Canyon, near Chattanooga — which are about an hour apart in drive time.

I had been to Little River Canyon National Preserve and Cloudland Canyon State Park many times in the past decade. Each time I visited one of them, I found myself fully immersed in my surroundings, often in awe of the sheer beauty. Each place contains the perfect Southern cocktail of green trees, cold water, and bare, jagged rocks.

What I hadn't done before was go to both places on the same trip and compare them. My objective was not to determine that one was "better" than the other, but rather to see how I could increase my appreciation for both parks through one trip, exploring one trail at each place.

Both canyons are the result of erosion from the flow of water over thousands and thousands of years. They both are part of the same region, which is at the southernmost section of the Cumberland Plateau. They also are distinctive natural features within an area full of rare and unique species.

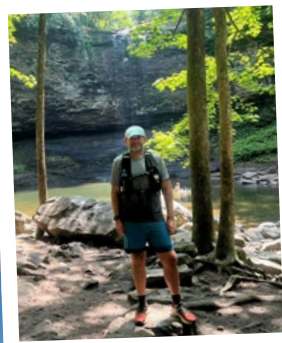
After a short drive to Little River Canyon in Northeast Alabama, my exploratory journey began at the Little Falls Trail. This trail is just below the Little River Falls and is a very popular spot for hikers and waterfall-lovers year-round.

Although short in distance at less than a mile in one direction, the well-worn trail with its exposed stone and roots requires a hiker to pay attention to each step.

I intentionally took a long time moving down the trail, taking in each bend in the path, every type of tree overhead, and greeting each fellow hiker leaving from my intended destination. I already knew what to expect at the end of the trail, so I was able to concentrate on my surroundings.

As before, I encountered various vantage points that offered stunning views of the canyon below. The rugged cliffs and deep ravine painted a mesmerizing landscape that spoke of the canyon's raw beauty and untamed wilderness.

The relative silence was broken by the cheerful screams



Top to bottom, Greg Wingo at Cherokee Falls in Cloudland Canyon State Park, Rising Fawn, Ga.; overlook at Little River Canyon, Gaylesville, Ala.

of hikers enjoying the ultimate destination, a large, deep swimming hole surrounded by some perfect cliffs for jumping.

One final steep descent, and I was in the riverbed surrounded by the canyon walls. As it was early summer, the lack of rainfall in recent months made for a dry, rocky landscape. But the swimming hole was bright, blue, and deep.

Four or five hikers were swimming in the clear water, their picnic-style bags and clothing laid across the rocks above. One brave soul was sheepishly peering over the edge of a rock overhang 30 feet above the water. He eventually lacked the courage to jump, but a young girl dove off with no hesitation and surfaced with a huge grin.

I soaked in the environment, both natural and human, before making my way back to the trailhead.

Back at my car with the afternoon's light starting to fade, I made the hour-long drive to Chattanooga to rest for the night in anticipation of my next exploration the following day.

Here are more TRV canyons to explore, each with its own distinctive pleasures and treasures:

- Channel Area Preserve — Abingdon, Va.
- Bailey Falls slot canyon — Greenville, Tenn.
- Obed Wild and Scenic River — Lansing, Tenn.
- Ocoee River Gorge — Ducktown, Tenn.
- Tennessee River Gorge — Whitwell, Tenn.
- Cane Creek Canyon — Tusculumbia, Ala.

I woke up rested and ready to tackle the 5-mile out-and-back Sitton's Gulch Trail at Cloudland Canyon State Park.

Once in the park, I made my way to the main trailhead. I strapped my hydration pack to my back and walked 50 yards to the canyon rim. No matter what time of year you visit Cloudland Canyon, the view over the edge of the canyon is strikingly beautiful.

In what is becoming a bit of a theme with my adventures, my primary goal was to experience several waterfalls down in the canyon, most notably Hemlock Falls and Cherokee Falls. I walked along the rim until the trail began to descend, leading me deep into the heart of the canyon.

There I found myself surrounded by towering cliffs and fern-lined gorges. The beauty of the landscape was awesome, inviting me to slow down and savor every moment. Also, the 600 stairs leading to the canyon floor invited me to slow down, as well!

I watched other hikers climbing back up to the top, each

greeting me with a smile but unable to speak due to heavy breathing.

Before long, I was standing on a viewing platform at Hemlock Falls. Unlike previous visits, these falls, too, were a mere trickle, but still impressive because of how high the water fell. I stood for a few minutes taking in my surroundings, but the day's heat was becoming more noticeable. My hope was that going a little farther to Cherokee Falls would reveal more water and a big swimming hole for cooling off.

I was not disappointed. Within seconds of seeing it around a corner, I was waist-deep in cool, clear water. Fish must be very used to people wading, because many of them swam up to my legs and suspended motionless next to me.

This is one of those places and moments where calm washes over you, and nowhere else matters.

After much internal debating, I reluctantly walked out of the

Continued on page 16

Autumn Events in the Tennessee River Valley

Aug. 31-Sept. 2: 49th Grand Rivers Arts & Crafts Festival, Grand Rivers, Ky. — Around 100 booths from numerous states, unique items, and specialty foods, vibrant celebration of community, music, and artistic commitment to handmade things of beauty.

Sept. 6-8: Mountaineer Folk Fest, Pikeville, Tenn. — Annual gathering for music and traditional folk arts. Free.

Sept. 13-14: Calvert City Balloon Glow, Calvert City, Ky. — Family-friendly day of old-fashioned carnival rides, hot-air-balloon rides, and fair-type food.

Sept. 13-14: Bristol Rhythm and Roots, Bristol, Tenn./Va. — Annual gathering for live music to support the Birthplace of Country Music Museum

Sept. 14-15: Overmountain Rally Tennessee, Newport, Tenn., and Johnson City, Tenn. — American Rally Association National Championship Round for rally racing, one of the most enduring motorsport events worldwide.

Sept. 21-22: Trade Mill Days, Trade, Tenn. — High in the mountains of East Tennessee, this event honors the heritage of the early frontier, when pioneers and Native Americans traded goods. Native American dance, music, and handmade goods.

Sept. 21: Dancing Bear's 10th Annual Bicycle Bash, Townsend, Tenn. — Guided group rides along the beautiful roads around Townsend.

Sept. 21: Blue Ridge Blues & Barbeque, Blue Ridge, Ga. — A day for live music and smoky BBQ in downtown Blue Ridge.

Sept. 28: Louie-Bluie Festival, Caryville, Tenn. — Celebrate the art and music of Howard "Louie Bluie" Armstrong at this annual festival on the grounds of Cove Lake State Park.

Sept. 28: Tunnel Hill Nighttime Tour, Tunnel Hill, Ga. — Nighttime tour of this important Civil War tunnel.

Sept. 28: Burnsville Waterway Festival, Burnsville, Miss. —

Celebrating the Tennessee-Tombigbee Waterway with live music, a 5K run, bingo with great prizes from local businesses, craft vendors, and local food vendors. The entertainment consists of gospel music, country music, and country line dancers. Buckin' on the Bigbee Rodeo at night on the 27th and 28th.

Sept. 28: 2nd Annual Rugby Roundabout, Rugby, Tenn. — Guided group bicycle ride along the roads of Historic Rugby, featuring autumn colors of the Cumberland Mountains.

Oct 4-5: Trash to Treasures, Iuka, Miss. — Some 50 miles of yard sales. There is no better way to find a treasure and/or recycle unwanted items.

Oct. 4-6: International Storytelling Festival, Jonesborough, Tenn. — The oldest form of sharing history and entertainment comes alive for listeners.

Oct. 18-19: Alabama Gourd Festival, Hartselle, Ala. — This is where to go to get giddy about gourd art. Crafting workshops and demonstrations, and vendors selling their wares. Take home a new appreciation for all things gourd-related. Kids can decorate their own gourd to take home as a free souvenir.

Oct. 26: Cherohala Skyway Festival, Tellico Plains, Tenn. — Come cherish the colors of fall at this historic downtown festival celebrating the 28 years of the legendary, mile-high Cherohala Skyway Scenic Byway. Live music, food, and arts & crafts vendors. No wrong turns on this scenic right-of-way heading into mile-high Unicoi Mountain bliss!

Nov. 2: Battle of Johnsonville 160th Anniversary event, Johnsonville, Tenn. — Learn about the cultural and heritage importance of this Civil War Depot site inundated by the waters of Kentucky Lake.

Nov. 5-Jan. 4- Rock City Enchanted Garden of Lights, Rock City, Ga. — Joy, wonder, and magic await in this display of lights.

Explore more and share your story at [exploretrv.com](https://www.exploretrv.com).

In Memoriam

Apr. 29, 2024 - July 28, 2024

TVA Retirement Management received notifications of the deaths of the following retirees for the period April 29, 2024, through July 28, 2024, as well as other previously unreported deaths. They are listed with the date of death (and date of retirement). To report the death of a retiree, call the TVA Retirement System toll-free at 800-824-3870.

Aldridge, Larry K.,
5/24/2024(9/3/2003)

Alley, Carolyn K.,
5/21/2024(1/1/1993)

Anderson, Billy G.,
7/21/2024(8/6/2005)

Baker, Daniel, Sr.,
5/2/2024(6/5/2004)

Barbee, Leslie A., Sr.,
6/10/2024(1/9/1996)

Barger, Ronald E.,
7/21/2024(6/10/2006)

Bates, A. Leon,
4/18/2024(12/24/1994)

Belyew, Helen J.,
5/11/2024(12/29/2009)

Bentley, William R.,
5/1/2024(1/1/1993)

Bishop, Elvin E.,
4/19/2024(1/1/1993)

Braden, Nickey M.,
4/25/2024(10/5/2013)

Brannon, Donald R.,
7/16/2024(3/10/2012)

Bromley, Ronald Ray,
4/22/2024(10/17/1987)

Brown, Elma,
5/3/2024(8/1/1998)

Brown, Sharon B.,
7/23/2024(10/1/1988)

Broyles, Theodore R.,
5/27/2024(1/7/1999)

Bruce, Gaines E.,
5/5/2024(1/6/1990)

Buckner, James H.,
6/4/2024(10/1/1995)

Burden, Jackie G.,
6/15/2024(10/17/1994)

Carpenter, Marilyn E.,
6/3/2024(12/31/1994)

Carson, Theodore E.,
5/3/2024(9/17/2005)

Carter, Mary F.,
7/14/2024(8/25/2000)

Cockrell, Jere D.,
5/19/2024(1/1/1995)

Collins, Jerry D.,
4/28/2024(5/7/1999)

Cornett, James E.,
7/2/2024(10/7/2002)

Cowan, Walter J.,
6/23/2024(1/18/1984)

Curd, Donald R.,
4/29/2024(1/3/2009)

Currier, John R.,
6/20/2024(5/6/2000)

Davis, Charles W.,
5/18/2024(10/1/1988)

Dean, Thomas A.,
5/29/2024(6/14/2005)

Dill, Charles J.,
6/24/2024(8/12/1992)

Dison, David B.,
4/30/2024(9/9/2000)

Divine, Gary D.,
6/18/2024(10/17/1994)

Edwards, Mary V.,
5/23/2024(12/6/2008)

Evans, Faye M.,
5/30/2024(12/31/1994)

Ford, James O.,
5/3/2024(10/1/1996)

Fowler, Jo Ann,
6/7/2024(9/27/1997)

Frere, Ronald E.,
6/21/2024(10/6/2012)

Freye, David G.,
4/25/2024(9/6/2014)

Fugatt, William D.,
4/22/2024(9/27/2003)

Gargis, Dorothy F.,
6/3/2024(5/15/2004)

Geter, James F.,
7/6/2024(5/4/2013)

Goldston, Julia S.,
6/5/2024(10/17/1994)

Gorsuch, Denny R.,
6/14/2024(1/15/2003)

Grant, James B.,
6/20/2024(10/17/1994)

Gravitt, Danny M.,
5/8/2024(7/30/1988)

Gray, William S.,
7/17/2024(1/6/2018)

Hagood, Walter E.,
5/29/2024(11/19/1994)

Hall, H. Edgar,
6/9/2024(9/11/1988)

Hall, Marvin E.,
6/20/2024(5/2/2004)

Hamblen, Donald G.,
5/20/2024(8/29/2009)

Handley, James E.,
7/4/2024(10/15/2005)

Hargett, Henry C.,
5/21/2024(8/2/1988)

Harrison, Shelva J.,
5/12/2024(4/22/2000)

Harshbarger, Earl D.,
5/7/2024(10/16/1999)

Hebert, Leo G.,
6/9/2024(6/4/1993)

Hillis, Preston E.,
4/16/2024(6/3/2000)

Hubbard, B. David,
5/30/2024(1/2/2011)

Hyde, Virgil E.,
4/19/2024(7/10/2001)

Jackson, Beverly S.,
5/21/2024(1/1/2002)

Jett, Jerry L.,
4/25/2024(9/11/1990)

Kinard, Ivory L.,
6/12/2024(12/2/2005)

King, Charles B.,
7/14/2024(11/28/1994)

Lee, J. Carol,
7/2/2024(3/14/1998)

Lowrance, Doris H.,
6/11/2024(9/2/2008)

Lyons, Billy B.,
6/25/2024(1/3/1987)

Mangrum, Donnie E.,
7/17/2024(10/1/2014)

Martin, Dennis R.,
5/17/2024(1/12/2013)

Martin, Gregory D.,
7/3/2024(3/13/2010)

Martin, Patricia P.,
6/1/2024(4/3/1973)

McBee, William L., III,
5/8/2024(3/30/2003)

McBroom, Kenneth M., Jr.,
5/30/2024(9/27/1997)

McDaniel, Nancy S.,
6/15/2024(1/20/1990)

McDonald, Bruce Anthony,
6/29/2024(12/9/2017)

McGregor, Raymond F.,
5/24/2024(11/16/1991)

McMurray, Carolyn J.,
5/24/2024(8/7/1998)

Michael, William R.,
4/16/2024(4/10/1997)

Morgan, James D., Jr.,
6/22/2024(12/6/2008)

Nelms, Carl E.,
6/18/2024(2/21/1998)

Newton, Joe A.,
5/29/2024(4/24/1999)

Nichols, James F., Jr.,
6/4/2024(6/2/2004)

Ochsner, Boyd H.,
6/21/2024(2/2/2003)

Odenath, Theodore R., IV,
2/5/2024(4/14/1990)

Oliver, Horace K.,
4/21/2024(11/16/1991)

Orr, Woody,
5/24/2024(10/17/1994)

Pace, Wilton S.,
5/23/2024(10/17/1994)

Phillips, Edward A.,
6/26/2024(5/5/2004)

Poole, Jimmy L.,
5/19/2024(4/16/1994)

Poole, John B.,
5/15/2024(10/17/1994)

Powell, David G.,
6/1/2024(5/17/1980)

Pruett, William A., Jr.,
5/4/2024(10/1/1996)

Qualls, H. Dean,
6/14/2024(7/18/1998)

Redmond, Henry C.,
2/9/2024(6/10/1992)

Robinson, William P.,
5/6/2024(8/1/1988)

Roby, John R., Jr.,
5/14/2024(12/20/2008)

Rogers, James D.,
5/11/2024(7/11/1982)

Russell, V. George, Jr.,
7/9/2024(10/1/1996)

Scheib, Robin M.,
4/22/2024(10/8/1992)

Scott, Derryl A.,
6/26/2024(6/26/1982)

Scott, Dwight E.,
6/18/2024(8/8/2015)

Scott, Geraline G.,
4/26/2024(7/3/2001)

Simpson, Thomas W.,
6/21/2024(10/9/1999)

Snyder, James M.,
7/20/2024(12/29/2001)

Staggs, Jimmy L.,
6/22/2024(11/11/1991)

Stout, Daniel R.,
6/20/2024(9/8/2004)

Stout, Morris G.,
7/11/2024(9/13/1988)

Strickland, Jimmie L.,
5/22/2024(8/2/2000)

Stringfield, I. Kathleen,
5/3/2024(6/18/2011)

Studdard, David P.,
6/24/2024(1/19/1999)

Sykes, Shelby R.,
5/12/2024(10/1/2017)

Tankersley, William G.,
5/25/2024(8/6/1988)

Tate, Barbara M.,
6/12/2024(12/13/1992)

Tippitt, James G.,
4/26/2024(1/5/2008)

Todd, Robert R.,
6/23/2024(4/21/1990)

Truan, Curtis H.,
5/31/2024(7/2/1994)

Tyler, Terry Wayne,
6/5/2024(4/29/2011)

Walker, Billie C.,
6/25/2024(1/30/1988)

Webb, David H.,
4/29/2024(3/9/2013)

White, Robert B.,
4/20/2024(3/27/1993)

White, Sheree H.,
5/29/2024(2/25/1989)

Wiggins, Mack C., Jr.,
5/13/2024(8/23/1988)

Wiley, Joe M.,
6/21/2024(9/28/1991)

Wilkerson, Howard T.,
5/1/2024(1/9/1991)

Wilkinson, Gerald M.,
5/18/2024(5/5/1982)

Wilson, Sherrill L.,
5/26/2024(7/7/2007)

Wise, Charles E., Jr.,
5/12/2024(7/25/2000)

Wright, Dewey L.,
4/30/2024(10/1/1988)

Yee, William C.,
6/5/2024(10/1/1988)

Youngblood, Merrie L.,
6/14/2024(1/1/1993)

3 Cheers for Our Volunteers...continued from page 5

area. This pantry has operated for several years as a huge benefit to the community.

The chapter assisted the St. Joseph Church Food Pantry by providing it with funding of \$5,000. This pantry has been operating for more than 30 years but was affected negatively

during the pandemic. That resulted in its no longer having access to Feeding American, the distribution center for purchasing food. With the donation from Paradise, the food pantry has been able to keep the doors open.

The funding was made possible by grants from BVI.

Upcoming September 2024 Chapter Meetings

BROWNS FERRY

September 10, 2024, Noon

Catfish Cabin, Athens, Ala.

- Program/Guest Speaker: TBD
- David C. Matherly Jr., President
256-777-2175/dcmatherly@gmail.com

CHATTANOOGA

October 15, 2024, 10 a.m.

*Brainerd United Methodist Church,
Fellowship Hall, 4315 Brainerd Road*

- 10 a.m. — Meet 'n' Greet
- 10:30 a.m. — Program: TVA and Medicare Health Insurance

Tom Swanson, President
423-902-6892/twswanson@comcast.net

CLEVELAND

September 3, 2024, 10 a.m.

*Hopewell Church of God, Fellowship Hall,
5765 Eureka Road*

- Guest Speaker: TBD

John Austin, President
423-472-2720/austintnutfan@charter.net

GALLATIN

September 11, 2024, 11 a.m.-2 p.m.

*Gallatin Public Library,
123 E. Main St.*

- Program/Guest Speaker: TBD
- James R. Monday, President
615-481-8469/oemorgan@comcast.net

HUNTSVILLE

September 12, 2024, 10 a.m.

TVA Shields Office Building, 370 Shields Road

- Guest Speaker: Charley Spencer, drone/robotics demonstration; meal provided after demonstration

Daniel A. Simmons, President
256-509-9781/dasimmon@bellsouth.net

JACKSON

September 11, 2024, 9:30 a.m.

*Southwest Electric Membership Corp.,
1590 Highway 70E*

- Program/Guest Speaker: TBD

Alan Campbell, President
731-988-8814/abcjax@eplus.net

JOHNSONVILLE/CUMBERLAND

September 19, 2024, 10 a.m.

Johnsonville State Park, Museum at 90 Nell Beard Road, New Johnsonville

Socializing and demonstrations starting at 10 a.m.

- This is our Annual Picnic and lunch is provided.
- Program: Demonstration of STEM/Robotics program, with TVA retiree Charley Spencer and local students participating

TVA coolers will be given to each attendee; door prizes and one cash prize

IMPORTANT: RSVP to Mickey Blackburn will be required for this meeting to get a count for the food

Mickey Blackburn, President
931-209-1352/mwblackb56@gmail.com

KNOXVILLE

September 16, 2024, 10 a.m.-noon

*Registration from 10-10:30 a.m.
Fellowship Church, 8000 Middlebrook Pike*

- Program/Guest Speaker: TBD

Ron Riberich, President
865-679-1565/rjriberich@comcast.net

MEMPHIS

September 18, 2024, 11 a.m.

Dale's Restaurant, 1226 Main St., Southaven, Miss. 38671

- Program: TBD

Jeffrey M. H. Allen, President
901-484-4282/jeffreymhallen1@gmail.com

MISSISSIPPI

September 10, 2024, 10 a.m.

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

- Guest Speaker: TBD

Judy J. Bright, President
662-791-9779/bright.judy@gmail.com

MUSCLE SHOALS

September 18, 2024, 10 a.m.

*TVA Community Credit Union,
1405 S. Wilson Dam Road*

- Guest Speaker: Roger Creekmore, Colbert County Administrator

Timothy "Tim" Cornelius, President
256-483-5917/timwcornelius1@gmail.com

NASHVILLE

September 12, 10 a.m.

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

- Guest Speaker: TBD
- Jeff Gammons, President
931-729-9974/y2kunderthehill@gmail.com

NORTHEAST ALABAMA

September 10, 2024, 11 a.m.

*Western Sizzlin
1130 Highway 28, Jasper, Tenn.*

- Program/Guest Speaker: TBD
- Larry A. Hancock, President
256-437-8220/lah35772@gmail.com

PADUCAH AREA

September 17, 2024, 11 a.m.

Noble Park

- Annual Picnic — Everything provided
 - Guest Speaker: Justin Vineyard, TVA Retirement Services Representative
- Ken Dickerson, President
270-442-9539/kenneth.dickerson@comcast.net

PARADISE

September 10, 2024, 10 a.m.-2 p.m.

Location: TBD

- Program: Chapter Picnic
- Vernon R. Perry, President
270-543-4707/vrperry76@gmail.com

UPPER EAST TENNESSEE

September 17, 2024, 11 a.m.

*Golden Corral, 2995 W. Andrew Johnson Hwy.,
Morristown, Tenn.*

- Guest Speaker: Charley Spencer, robotics demonstration
- Door prizes

Please pay for lunch on the way in and plan to leave a tip on the table. Meeting plans will be posted via email and Facebook.

Les Bays, President
423-782-8458/lpbays1@yahoo.com

WATTS BAR AREA

October 22, 2024, 10:30 a.m.

Meeting Room TBD

- Program/Guest Speaker: TBD
- Please watch for email from Ed Couch with information on joining a Private Watts Bar Facebook group

J. Ed Couch, President
423-551-1226/jectu@gmail.com

WESTERN AREA

September 18, 2024, 10:30 a.m.

*Lake Barkley State Resort Park,
Meeting Room*

- Program: North Regional Relations Update with a goodie bag from Scotty Sholar, Community Relations Specialist

K. Renee Turnbow, President
270-205-5277/kturnbow@gmail.com

Getting in touch with TVARA

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

TVARA 865-632-3318

Vickie Ellis, TVARA President
vlellis@aol.com/865-805-1512

**Jo Anne Lavender,
TVARA Immediate Past President**
jlavender@tds.net/865-300-8272

Les Bays, TVARA Vice President
lpbays1@yahoo.com/423-782-8458

Kathryn Davis, TVARA Secretary
krdavis3@yahoo.com/615-361-9954

Lisa Overly, TVARA Treasurer
l Doverly@hotmail.com/865-567-7911

Penny Walker, TVARA Volunteer Coordinator
pennywalker06@comcast.net/423-413-7137

**Richard T. Wilson Jr.,
TVARA Membership Program Manager**
rtwilson@tva.gov/865-632-8542

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

SAVE THE DATE!

Annual TVA Retiree Appreciation Luncheon

September 13, 2024

Chattanooga Convention Center

Doors open at 10 a.m.

Lunch & program begin at 11 a.m.

Registration information:
865-632-3318

Register online at:
<https://forms.office.com/g/OfAvNyB0mx>

(Address uses zeros, not capital O's.)

Valley's Lovely Little Canyons...continued from page 13

water, grabbed my hydration pack, and began moving back down the trail to the squishy sounds of my soaked trail shoes.

The beauty about both canyons is that no matter the time of year, rainfall levels, or oppressive or frigid temperatures, they are full of eye-catching features.

When the leaves are down on the trail, the rock walls are exposed with their jagged edges and multiple shades of gray. When the trees are in full bloom, the greens are vibrant, and the canopy hides the sun's strong rays.

Sounds of wildlife are ever-present through different chirps and crackles of leaves. And because it is an out-and-back, this trail is slightly less-traveled, giving hikers a chance to become more immersed in the environment.

In the "out" direction, the trail was mostly a descent deeper into the canyon. Spongy moss-covered rocks littered either side of the path, and the sounds of other hikers quickly gave way to the hypnotic trickle of the creek.

Before long, the creek became quiet, still, and eventually dry. The silence was noticeable, and the feeling of being the only person around was peaceful. I came to the end of the trail at a small trailhead used by local cave-exploring groups and turned around. Going underground would have to wait for another time.

My return trip up the trail was slower, and sweat began to pour freely. A waterfall I'd made note to visit when I passed it earlier was a welcomed sight. I walked straight into the falling water and felt its weight massage my head and shoulders as it crashed over me. This felt like a moment in paradise.

I paused after the amazing bath to think through all the aspects of these two canyon encounters.

Although they were deep holes in the Earth, they had very different visual aspects. The trees, the creeks, the waterfalls, the rocks — all were specific to each place. And yet the people I encountered were all sharing the same enjoyable day in the woods, regardless of which canyon they were in.

Soon I was climbing slowly up the 600 stairs back to the top of the canyon. Like everyone I'd seen on my way down, I flashed a smile to each person I saw.

While breathing heavily,

*(Greg Wingo is the owner of **ROAM Projects**, an outdoor-recreation consulting company, and an avid trail-runner, bikepacker, and packrafter.)*