

40th Anniversary

The Tennessee Valley Retirees Association 2007

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TVARA

The TVA Retirees Association

Valleywide Officers

Ron Loving, *President* Rowena Belcher, *Secretary*
Sissy Caldwell, *Vice President* Jim Green, *Treasurer*

JUNE 2007 NEWS

CALLING ALL RETIREES TVARA CELEBRATES 40 YEARS

by Donna Gray
40th Anniversary Celebration
Committee Chair

If you look forward every year to the TVA Retirees Association annual chapter celebration in your area, you're in for a special treat.

This year marks the 40th anniversary of TVARA, and chapters throughout the Tennessee Valley are participating in planning additional activities to commemorate this special year.

Retirees attending local celebrations will have the opportunity to view a traveling exhibit that chronicles the history of TVARA, while at the same time they are visiting with some of their friends who were

instrumental in the development of the organization.

Celebration activities will vary from chapter to chapter.

Several chapters throughout the Valley have finalized plans for these celebrations. To date, these celebrations include the following:

- Chattanooga — June 12
- Gallatin — June 13
- Memphis — Plant reunion at Allen Fossil Plant — June 19
- Muscle Shoals — June 19
- Paducah — Sept. 18
- Florida — Nov. 2

Many other chapters are finalizing plans for their celebrations, so check with your local chapter for details.

Annual Valleywide TVARA Picnic
Plans for the annual Valleywide TVARA picnic in September will also include 40th Anniversary Celebration activities.

For one activity, the Celebration Committee is asking local chapters to provide names of retirees who sing or play in bands and who would be willing to perform at the Valleywide picnic. Family members can

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RON WRITES

by Ron Loving
TVARA Valleywide President

Greetings. I hope this warmer weather finds you well. I assure you, the cold spell back in April did not dampen our TVARA spirit.

On the following pages you will find updates on the numerous activities we have under way, as well as important information you request we share.

I am pleased to announce that Donna Gray of the Knoxville TVARA Chapter has agreed to oversee our association's year of celebration. With her unbridled enthusiasm and creative thinking, she is the perfect person to lead this important activity.

Donna is being supported by a great team of representatives from just about every chapter.

It is a massive undertaking, and I really appreciate everyone's time and

energy supporting it.

The TVARA Advocacy Council also has been busy addressing issues affecting TVA. The retiree population serves as a valuable partner. Please read the Advocacy Council update (on pages 6 and 7) closely to see how you can help.

During my travels around the Tennessee Valley in January, I heard suggestions of how TVARA might use technology to assist in its communications. Thanks to volunteer talents of fellow retirees, we now have a Website where we will be able to share timely and comprehensive information about TVARA, TVA, and items of interest (see "You Asked For It" on page 3).

We also have an email address to help our members communicate with

the TVARA leadership team — tvara@tva.gov.

A new item you will find in the newsletter is a listing of our friends who have passed away during recent months (see page 10). A number of you have requested that we provide this information, and we realize that it is an important part of the fellowship among TVA retirees. In addition, it is a chance to pay tribute to the many who have built the legacy of TVA.

Enjoy the warm days of the summer. Don't forget to take advantage of the fellowship provided by our TVARA chapter meetings this month — and especially the annual picnic in September. It would be wonderful to celebrate a record attendance to celebrate our 40th year.

ALFORD SELECTED FOR RETIREMENT SYSTEM BOARD

On April 13, TVA retiree Frank Alford was chosen as the seventh director of the TVA Retirement System Board.

He was selected to serve by the other six directors of the TVARS Board.

Alford is filling the position vacated by Clem Schonhoff, whose term on the TVARS Board expired in October 2006. Alford's term will run through Oct. 31, 2009.

Alford retired from TVA in 2005, last serving as General Manager of Contracts & Materials in Procurement.

He joins the three employee-elected members (Floyd Johnson, Gretchen Thal, and Leonard Muzyn) and the three TVA-appointed members (John Hoskins, Phil Reynolds, and Janet Herrin) of the TVARS Board.

"We are especially pleased with Frank Alford's selection because he is a member of the Chattanooga Chapter of TVARA and is serving as the chapter's Vice President," says Ron Loving, TVARA Valleywide President. "This position on the TVARS Board serves a critical role for our current and future retiree

community.

"We appreciate the opportunity to support the TVARA Board in filling the vacancy. The process was a good example of results of the strong working relationship that TVARA and TVARS continue to share."



Frank Alford, Seventh Director of the TVA Retirement System Board

TVARA Quarterly Board Meeting

by Rowena Belcher
TVARA Valleywide Secretary

On May 3, the TVARA Valleywide leadership team and chapter officers, along with TVA and BVI representatives, convened in Nashville for the quarterly business meeting. The session included two brief programs, both of which were very informative and supported the importance of TVARA's advocacy role.

Rebecca Kelly, State Director of AARP in Tennessee, gave a preview

MARK YOUR CALENDAR FOR THE PICNIC!

It's not too early to mark your calendar for the TVA Retirees Association Annual Picnic to be held Friday, Sept. 7, at Civitan Park in Guntersville, Ala.

Make your plans to attend and be part of what is hoped to be a record attendance in honor of TVARA's 40th Anniversary Celebration.



Look for more information in your next issue of *TVARA News*.

of that organization's "Divided We Fail" campaign aimed at forming partnerships for a stronger advocacy voice addressing issues of health-care and long-term financial security.

Soon to celebrate its 50th year, AARP is faced with a challenge the TVARA Board has been discussing. To put it in Rebecca's words — we need to sustain our legacy by "learning from the past and being relevant." We need to be visionary and creative in finding ways to serve intergenerational membership/meeting needs of those 50 years old to 90 or more.

The group was introduced to Annemarie Cooper of the TVA Government Affairs Washington, D.C., office. This very small staff has an enormous role of "telling the TVA story," educating and informing our political delegates about TVA, and informing TVA about emergent D.C. politics.

The staff's role does not include lobbying — that is where a strong partnership with TVARA has proved its value many times. An example of this teamwork is highlighted in the Advocacy Council update on pages 6 and 7 in this newsletter.

The remainder of the meeting included discussion of a number of timely business items and reports by chapter presidents. Information about the board meeting will be presented to the chapter members in their June programs.



Among those attending the TVARA Valleywide quarterly business meeting are, from left, TVA Senior Manager of Internal & Retiree Communications Carolyn Bradley-Minter, John Blackwell of the TVARA Valleywide Membership Committee, and Paradise TVARA Chapter President Dennis Sisk.

STRATEGIC PLANNING TEAM FORMED FOR TVARA

by Sissy Caldwell
TVARA Valleywide Vice President
Chair, TVARA Strategic Planning Team

The TVA Retirees Association has done a great job over the years of working with TVA and the TVA Retirement Board to ensure that TVA retirees enjoy some of the best benefits in the country.

However, as we all know, the world around us is changing at a rapid rate. Many of us are retiring at an earlier age than ever before and are looking forward to a very active "retirement" — beginning second careers, traveling, spending more time with children and grandchildren, enjoying hobbies, and doing community service or church work.

There also have been many changes at TVA over the past year, with a new Board structure and many TVA executives joining us in the ranks of retirees.

TVARA is committed to keeping up

with these changes, so that it can continue to work effectively with TVA and the TVA Retirement Board to provide reliable benefits, to offer the opportunity to stay connected to the friends made over the years at TVA, and to uphold the TVA tradition that has been so important to the people of the Tennessee Valley.

That's why it's prudent for the leadership of TVARA to take some time to consider recent changes in our retiree population as well as in the TVA governance structure, and to reflect on how TVARA needs to go forward to meet the evolving needs of its members.

To that end, a TVARA Strategic Planning Team, which I have been asked to chair, has been formed. Other members of the team include the following:

Rowena Belcher
Bill Bivens
John Culp
Theresa Habiger
Shelly Holt
Ron Loving
Pat Miller
Phil Mummert
Bill Oden
Bob Steffy
Tom Swanson
Lew Wallace

The team will meet over the next few months with the goal of providing a strategic plan before the end of the calendar year.

(Any ideas or suggestions you may have for the TVARA Strategic Planning Team will be appreciated. They can be submitted to Sissy Caldwell at shc725@aol.com or 865-681-8654.)

...Calling All Retirees continued from Page 1

also be included in this talent event.

If you are a TVA retiree and you and/or your spouse would like to participate in this "American Idle" activity,

please contact your local chapter.

Other activity plans for the picnic will be shared as they develop.

WE NEED YOUR HELP IN PUTTING TOGETHER TVARA'S 40TH ANNIVERSARY CELEBRATION!

What a great way for us to come together as a community of retirees! It offers us a way to call upon buried or newfound talents & skills. Even more so, think about the chance to get together with old and new acquaintances.

Volunteer!

Mail, call, or email TVARA what you'd like to do (phone number & addresses on back page).

YOU ASKED FOR IT SO LET'S GET OUR BROWSERS GOING

by Leon Kendrick

Many members of the TVA Retirees Association have long asked, "When are we going to get our own Website?"

Well, you were heard, and it's finally here.

The TVARA Website was to become available for public use May 14. You can get to the site by typing in your browser's address line — www.tvara.org.

The project started earlier this year with a goal of being completed by June. So as you can see, those putting the site together beat the target by a couple of weeks and a few days.

Ray Fulton, a Chattanooga TVARA member, spent many hours making this project happen. He says this

milestone would not have been possible without the help of many TVARA members who provided good, candid feedback.

And those operating the site say they're not done!

They encourage each of you to "browse" around the site as much as you can.

Let them know what you like AND what you would like to see added, changed, or deleted.

The more constructive the feedback, the better the site will be for all parties.

Please email any feedback to tvara@tva.gov with a subject line of "Website Feedback."

Enjoy your surfing of the TVARA Website.

CHAPTER SPOTLIGHT

by Dot Stewart
Editor, TVARA News

CLEVELAND CHAPTER BEGINS ANNIVERSARY CELEBRATION

On March 9, Cleveland, Tenn., Mayor Tom Rowland spoke to that city's TVARA chapter at its regular meeting and presented the members with a proclamation proclaiming the day as "Tennessee Valley Authority Retirees Association Day."

In beginning the chapter's 40th-year celebration, the mayor also recognized the group for working through Bicentennial Volunteers Inc. for TVA advocacy. In this endeavor, TVARA has supplied volunteers to guide tours at TVA facilities such as Raccoon Mountain Pumped-Storage Plant, promoted water safety in the schools, and provided FEMA-trained personnel for crises in our nation.

He also commended the chapter for helping to improve the quality of life of the citizens in Cleveland and the surrounding area. He especially recognized the 10,000 hours of community service that chapter members spent during the past three years constructing handicap ramps or performing maintenance on houses for those who were physically and/or financially unable to perform the work on their own.

In addition to the home-construction projects, members of the chapter were busy supporting other organizations in the community such as the Manna Ministry of the First Baptist Church, doing local church work, providing hospital and museum volunteers, visiting those who are homebound, providing transportation to doctors and hospitals, and coordinating emergency preparedness.

To conclude the

meeting, Mayor Rowland was presented with a 40th Anniversary cap and made an honorary member of the organization.

The chapter also has other plans for the 40-year celebration. Don Morrow, President of the Cleveland chapter, says the chapter will have a "TVARA Moment" at each meeting to discuss some of the key TVARA events of the past 40 years.

"We are a very small chapter," Morrow says. "But we have a core group of members who continue to believe we can in a small way help implement the TVA mission of improving the quality of life for those in the Tennessee Valley, especially people in and around Cleveland, by helping those individuals who are not in a position to help themselves."

The chapter plans to continue to support the Valleywide effort to provide positive input to the local media about TVA and TVARA. An article highlighting the 10,000 hours of volunteer work in Cleveland and the surrounding area by TVARA members appeared in the *Cleveland Daily Banner* shortly after the March 9 meeting.

Quarterly mailings will be sent to members to alert them of chapter meetings, and phone calls will be made to potential new members who have retired in the past year (TVA pays for first-year membership).

The chapter also hopes in 2007 to improve on its 104-percent increase of membership in 2006 over 2005.

In addition, Shirley Powers, the chapter's Healthcare Coordinator, will be very active in encouraging members to take advantage of TVA and local health initiatives.

Morrow is particularly proud of the chapter's contributions to the community.

"What a blessing it is to be able to help others," he says. "Without exception, our members feel like they are the ones who benefit the most when we give our time performing community service. We are most thankful for the opportunity to help those who cannot help themselves."

"We are also thankful that we have the financial support of BVI, without which many of our projects would not be possible."



From left, Cleveland Mayor Tom Rowland presents the proclamation honoring TVARA to the chapter's Co-Chairpersons for Volunteerism, Jerry Stevenson and Charlie Wilson.

TVARA HEALTH COMMITTEE UP AND “WALKING” FOR 2007

by Pat Miller
Chair, TVARA Health Committee

We usually think of the phrase “up and running,” but in the case of TVARA’s Health Committee, we like the term “up and walking” — based on some ideas we have for a fun walking program we hope to encourage this year (more details coming soon).

The committee recently held its first meeting of the year, meeting with TVA to review 2006 financial performance for retiree health-insurance plans. The committee and TVA also met with Delta Dental to review performance and rates for 2007.

The good news for dental-plan participants is — no premium change! The committee also recommended

the first open-enrollment period held in several years for the dental plan. (Open-enrollment details are on page 8 in this newsletter.)

I have a lot of positive things to say about the health committee. I like to think of myself as the committee coordinator rather than chairperson, because we have such a talented group of people who have volunteered to serve on this very important retiree committee.

We have THREE past Valleywide presidents who have previous committee experience, an attorney who has worked with TVA staffs on many benefit issues, and TWO retiree leaders who also have budget and

financial backgrounds.

And, don’t forget, we still have our long-time committee chairperson, John Bynon, working with us from Birmingham.

Our first meeting of the year was a good one. We really appreciate TVA staff members’ briefing us and making plans to work with us on a regular basis throughout the year to stay abreast not only of insurance issues but also of other preventive health-care opportunities as well.

Others serving with me on the 2007 Health Committee are Buster Smith, Larry Edwards, Ed Patrick, Leon Kendrick, Tom Swanson, and John Bynon (emeritus).

PUTTING YOUR BEST FOOT FORWARD

excerpts
from *AARP Magazine*
March & April 2007

So, your fitness motivation went into hibernation over the winter like some of our furry friends ... well, maybe the warmer weather of spring has gotten you moving.

Walking is a little like breathing. You do it without much thought — until the day when you can’t do it as easily because of health or weight issues. Ironically, if people walked more, many of their health and weight problems would disappear.

That’s not an overstatement. In the past 20 years a growing body of

research has emerged showing that a brisk, 30-minute walk most days of the week can dramatically cut your risk of heart attack and stroke; decrease your chances of developing diabetes, osteoporosis, and some forms of cancer; and reduce your body weight significantly.

In his book *Pedometer Walking: Stepping Your Way to Health, Weight Loss, and Fitness* (The Lyons Press 2006), Mark Fenton says using a pedometer (sometimes called a “step-counter”) can be a tremendous motivational tool. For optimal health, you should walk about 10,000 steps a day; for losing weight, that number should be at least 12,000.

A good pair of shoes and a com-

fortable pair of socks are all that are required to get you started. The shoes should have a rounded or beveled heel, be flexible through the ball of the foot, and be fairly firm through the arch.

Most shoes designated as walking shoes have all three of these characteristics.

Make sure you get a pair that fits well and that gives your toes some wiggle room. And never let the salesclerk talk you into buying a pair that doesn’t feel good right away — you should never have to “break in” a pair of walking shoes.

Socks should be made of a synthetic “breathable” material, such as polypropylene, to prevent blisters.

— GABRIELLE DEGROOT REDFORD



I'm on my way to 10,000 Steps a Day!

TVARA ADVOCACY COUNCIL UPDATE

by John Culp

Since its inception, the TVA Retirees Association has maintained an important and vital role: Advocate.

With the many issues addressed through its commitment to this role, TVARA has proven to be a valuable asset to TVA, as well as to its retirees. TVARA's Advocacy Council ensures that the retirees association serve the role in a comprehensive, informed, and structured approach.

Most recent issues on the council's plate include the following:

2007 TVA Strategic Plan — In early April, members of the TVARA Advocacy Council were invited to a



TVARA Advocacy Council members Bob Steffy, Buster Smith, Ron Loving ...

tions and technologies to help with compliance, (3) an increasing energy demand and developing ways to effectively manage it, and (4) rising fuel prices.

The council welcomes this strategy and joins TVA in encouraging all TVA employees and retirees to be proud of the

work they do and have done in serving the people of the Tennessee Valley. The council will look for ways to help instill pride in the work TVA people do.

The plan "draws upon the continued commitment and unquestioned skills of TVA's most valuable asset: the thousands of TVA men and women who will execute this plan in accordance with TVA's values."

North Carolina Lawsuit — The State Attorney General continues his legal actions regarding TVA and air quality. It appears to the council that he and TVA have a common goal — improving regional air quality and reducing emissions from coal plants.



... Freddie Hogan, Dick Swisher ...

preview presentation of TVA's draft 2007 Strategic Plan. Anda Ray, Senior Vice President, Enterprise Performance & Evaluation, hosted a lengthy one-on-one dialogue with the group, sharing details of the draft plan and the process TVA will use to gain public input.

The plan is being developed "to establish TVA's policy direction for the next decade."

Driving the need for the new plan are significant changes emerging in the electricity markets. The industry is experiencing new conditions in areas such as (1) loss of momentum in retail and wholesale competition, (2) stronger environmental regula-



... Lynn Morehous, Sissy Caldwell ...

Unfortunately, he doesn't recognize the accomplishments TVA has already made. The record clearly shows that TVA has been doing more than any other utility in the Southeast to reduce emissions from its coal plants and is continuing to carry out an aggressive program to install additional emissions controls by the end of the decade and beyond. So the

question is, "Why sue TVA?"

The Kentucky Situation — Senators Bunning and McConnell continue to push for legislation that could harm TVA and the distribution-customer process that delivers reliable and economical power to the area.

The "Access to Competitive Power Act of 2007," if passed, would cause power rates in Kentucky to increase and could privatize TVA. If distributors choose to leave TVA for another power supplier, they would have to pay prevailing market rates for their electricity supply and not be able to provide less-expensive power to their customers.

The proposed legislation also appears to penalize customers that remain with TVA by forcing TVA to continue to invest in generation sources so it can be a supplier of last resort for customers that leave. This burdens all customers in the area.

The Advocacy Council is working with retirees in Kentucky to make contacts with congressional delega-

tions to show the negative impacts of this proposed legislation. Also, council members are writing letters to newspaper editors pointing out the value of public power and the contributions of TVA to the economy of Kentucky. Please join TVARA in this initiative, and the council can help you write letters and prepare for contacts.

There are many other challenges facing TVA. Let's take pride in the work of TVA and tell the TVA story everywhere we have an opportunity.



... Lew Wallace, and John Culp

It is an impressive story of how TVA, working in partnership with the people of the Valley, creates economic and environmental sustainability that benefits us all.

The council needs your help!

WATCHING THIS VALLEY GROW GREEN

by **Al Hudson**
Retired TVA Engineer

In September 1937, only four years after TVA's formation, I came to Knoxville from Chattanooga on a Greyhound bus to enroll at the University of Tennessee.

I vividly remember the eroded, muddy condition of the hillsides and valleys of farmland along the way. It was truly a picture of poverty and desolation.

In Knoxville, soot was everywhere. As I walked to classes, I could see my footprints on the soot-covered sidewalk, and by the time I got to school my white shirt collars and sleeve cuffs were dirty with soot.

Such conditions were the norm in those days, as soot belched from homes and businesses throughout Knoxville. It was indeed a dirty town!

Today, 70 years later, I drive to Chattanooga and back, and I see prosperous-looking farmlands with green hills and valleys, void of erosion. I no longer see my footprints in soot as I walk the sidewalks of Knoxville.

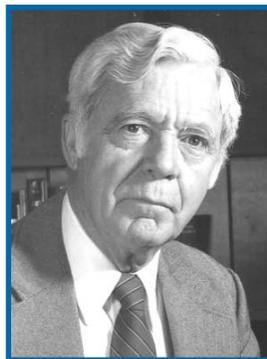
What happened? TVA!

Affordable, ample electricity became available for the homes and the businesses in the Valley. Farmers were provided fertilizer and were taught more efficient methods of soil cultivation.

Electricity gradually became the prime source of energy.

TVA built 12 coal-fired steam plants to supplement the hydro output.

That coal is fired today in centralized steam plants to meet energy demands for heat, air-conditioning, and manufac-



Al Hudson, just before his retirement from TVA

More Telling of TVA Stories

(Send your story to the TVARA email or mail addresses on back page.)

turing. Minuscule amounts of soot are emitted from those chimneys, thanks to particulate-collection facilities that capture 99.5-plus percent of emissions.

Results? The air we breathe is immeasurably cleaner than 74 years ago! To those who say Knoxville air is dirty because of TVA coal-fired plants, I say they never knew how bad it used to be and they should be thankful for today's conditions.

I was 14 years old when TVA was formed and worked for TVA as an engineer for 34 years. To sum it up, I have seen the Tennessee Valley grow green and Knoxville grow clean as a result of TVA activities these past 74 years.

(TVA is committed to improving its environmental performance and reducing the impact of its operations on the Tennessee Valley. See John Culp's accompanying article on the Advocacy Council.)

(This article was revised and reprinted from the May 2003 issue of Inside TVA Retirees Edition.)

RETIREE DENTAL PLAN

OPEN ENROLLMENT JUNE 1-JULY 15 No Premium Changes for 2007

by **Becky Thomason**
TVA Employee Benefits Staff

An open-enrollment period for the retiree dental plan through Delta Dental is being held from June 1 through July 15.

TVA retirees (or spouses of deceased retirees) are eligible to enroll if they receive monthly retirement benefits from the TVA Retirement System, the Civil Service Retirement System, or the Federal Employees Retirement System.

Retirees or their family members who previously were enrolled in this plan and have since cancelled their coverage cannot re-enroll in the plan.

There is no change in premiums for 2007. Monthly premiums are \$33.26 for individual and \$78.50 for family coverage. Premium payment options are explained in the enrollment package.

Enrollment packages have been available since the end of May at

www.tva.com (see Retirees, Health Care Benefits). Retirees without computer access to www.tva.com can request packages by calling the TVA Service Center at 865-632-8800, 423-751-8800, or toll-free at 1-888-275-8094.

The effective date of coverage will depend on the date the form is received by Delta Dental. If Delta Dental receives the enrollment form by June 15, coverage will be effective July 1. If Delta Dental receives the enrollment form between June 16 and July 15, coverage will be effective Aug. 1.

Open-enrollment forms received by Delta Dental after July 15 will not be processed. Enrollment forms must be returned to Delta Dental and not to TVA.

There will be a six-month waiting period for retirees who did not enroll in

the plan when first eligible and who enroll during this open-enrollment period. The waiting period will apply to all "major services."

Major services are all eligible expenses payable at 50 percent under this plan, including (but not limited to) root canals, crowns, bridges, periodontal services, and endosteal implants (a new covered benefit effective July 1).

The six-month waiting period means no benefits are payable under the plan for major services until coverage in the plan has been in effect for six months.

This waiting period applies only to retirees who did not enroll when first eligible and who enroll during this open-enrollment period. It does not apply to retirees who enroll within 30 days of first becoming eligible for this plan.

NO SHORTAGE OF HYDRO POWER HERE

by **Rowena Belcher**
TVARA Valleywide Secretary

One of the more commonly expressed desires I hear from my peers, as a TVA retiree, is the need to still feel "connected" — connected to those folks with whom we shared a long work history and with the organization of which we were a part for many years.

I recently had the opportunity to experience both.

Not too long after his retirement in 2001, Larry Chapman, former Manager of Hydro Modernization Construction & Maintenance Engineering, encouraged a group of hydro retirees to join together on a routine basis in lunchtime fellowship. They have a common bond and history in TVA hydropower that draws them together.

This monthly gathering of TVA hydro folks has a sizable, consistent core — including the guys you may recognize in the photos on this page and others such as Jan Jensen, who retired in 1994.

The newest recruit, Steve West,

who retired in January 2007 from Hydro Maintenance Engineering, is excited about maintaining old friendships on a regular basis.

Steve is new enough that he came dressed in commemoration — donning his TVA Star 7 uniform attire!

The group is warm and welcoming — its members even embrace some of those current employees who have not yet found a way to enjoy life beyond TVA.

In my recent visit, I enjoyed camaraderie running the gamut of business

challenges facing TVA, volunteer opportunities, and tales of travel, recreation, honey-do's, grandkids, health and welfare of former employees, and life's challenges.

I appreciated my chance to connect and catch up on the ongoing activities of this vibrant and talented group of TVA hydro individuals.

The group meets the second or third Tuesday of the month. If you would like to join in, contact Chapman at larryjudy@comcast.net via email for the next meeting date.



Former hydro employees getting together for one of their monthly gatherings include, from left, Charles McGee, Jim Coulson, Larry Chapman, Bill Ragsdale, Steve West, and Marvin Miller.

OUT AND ABOUT IN OUR COMMUNITIES

by Dot Stewart

Members of the Muscle Shoals Chapter of TVARA packaged and distributed seeds, plants, and fertilizer in April to help about 450 needy families in Colbert, Lauderdale, and Franklin counties. They also answered phones in Colbert and Lauderdale counties to sign up participants for the program.

The garden program has been active since 1975 and presently is shared by other government and community agencies such as TVA's Bicentennial Volunteers Inc., the Community Action Agency of Northwest Alabama, the Shoals Ministerial Association, the Alabama Cooperative Extension Service, and agricultural-supply firms.

James Bedsole, Chairman of the TVARA Garden Committee, says a lot of planning goes into the project.

"The first meeting was at the end of January, and the final distribution of seeds, plants, and fertilizer was made on April 19 and 20," he says.

Tammy McDaniel, Executive Director of the Florence-based Community Action Agency, says, "It is a good program. It makes people feel good to be able to help themselves and to grow their own food."

One participant in this year's event said the program has helped him grow bushels of vegetables each summer.

"It helps me a lot having a garden, as high as food is," he said.

Another participant said the supplies are a big help to him, also.

"I grow a big garden every year,"

he said. "I get a lot of vegetables out of it and have plenty left over to put in the freezer."

For some of the older ones, working in the gardens helps to keep them active. It keeps them from "sitting around and getting rusty," they say.

For families at or below poverty-income levels, the eight kinds of vegetable seeds, seven pepper plants, seven tomato plants, and 50-pound bag of fertilizer produce enough food

to supplement diets and reduce food bills.

Bedsole says the gardens truly provide enough benefit to applicants that they often have funds for other living expenses.

"Seeing the gratitude of the families who come to collect the food makes all the effort and time worthwhile," he says.

"Thanks to all the volunteers who helped make this gift to the community possible."



With bags and packaged seeds at right, Muscle Shoals-area TVARA volunteers for this year's garden program include, from left, front row, Cora Smitherman and Sue and Larry Sanderson, and, second row, Jim Green, Robert McCain, and James Bedsole.

TVA Veterans Association

Fellow TVARA member Jerry Alvis proudly wears more than one hat in his retirement.

Not only has he been active in leadership of our TVARA Upper East Tennessee Chapter, he leads another advocacy organization that also affects many of us — the TVA Veterans Association.

Because many TVARA members also hold the honor of veteran status, Alvis has asked *TVARA News* to share with its readers a recent decision of his group.

An offer of lifetime membership in the association, at a very modest fee of \$25, is now extended to spouses of deceased veteran retirees.

For more information about the important work of the TVA Veterans Association and how to join, contact Alvis at 159 Meadow View Road, Bulls Gap, TN 37711, phone 423-235-2439.

Or you can send him an email at jerrymert@bellsouth.net.

— ROWENA BELCHER

In Memoriam

(January–March 2007)

Starting with this issue, TVARA News will respond to requests from many readers that the newsletter carry lists of retirees who recently have passed away.

TVA Retirement Services received notification of the deaths of the following TVA retirees in the first quarter of the year. They are listed with date of death (and date of retirement).

- Abbate, Ciro F.**, 3/22/2007 (8/17/1997)
Abel, Frances L., 1/24/2007 (10/7/1978)
Abney, James H., Jr., 3/8/2007 (3/15/1997)
Blanton, Willie M., 2/17/2007 (11/30/1985)
Boyd, James T., 1/25/2007 (5/30/1990)
Bracken, Clyde H., 3/23/2007 (5/23/1983)
Brewer, Bobby C., 2/18/2007 (9/27/1997)
Bruce, Ledford C., 2/23/2007 (1/6/1979)
Burdine, Corwin G., 3/8/2007 (1/3/1976)
Burns, Roy M., 2/5/2007 (7/10/1982)
Byrne, Charles R., Jr., 3/18/2007 (8/2/1988)
Cabler, Edward M., 1/3/2007 (5/9/1978)
Callis, James L., 1/18/2007 (8/7/2004)
Campbell, Jonelle, 2/8/2007 (1/8/1983)
Carroll, James B., 2/14/2007 (10/27/1984)
Carroll, Richard T., 2/7/2007 (8/26/2000)
Carver, Russell E., 1/12/2007 (10/17/1987)
Clark, Cecil J., 3/3/2007 (3/21/1981)
Collins, Raymond C., 2/12/2007 (1/3/1981)
Cornette, Larry G., 2/15/2007 (11/3/2002)
Cothron, Lee M., 1/23/2007 (8/22/1973)
Covington, N. Dianne, 3/13/2007 (12/31/1997)
Dake, Philip E., 3/13/2007 (9/11/1999)
Davidson, Robert H., 1/12/2007 (8/2/1988)
Devault, Charles C., 2/2/2007 (1/9/1982)
Duncan, George W., 2/27/2007 (10/17/1994)
Duncan, William C., 2/23/2007 (3/21/1981)
Ferguson, Emmett D., 2/13/2007 (1/10/1987)
Ford, Randle B., 2/15/2007 (5/19/1979)
Gardner, Charles B., 2/26/2007 (3/21/1981)
Garner, James S., 2/23/2007 (6/29/1972)
Graben, Herbert M., 2/10/2007 (5/17/1973)
Green, Frederic C., 2/19/2007 (3/16/1989)
Greer, William Alvin, 3/15/2007 (4/25/1970)
Harper, Horace, 1/4/2007 (8/2/1988)
Harris, Jean Q., 2/17/2007 (5/3/1994)
Head, William R., Jr., 1/18/2007 (10/3/1985)
Hsieh, Lawrence W., 1/13/2007 (3/21/1981)
Imes, Eugene, 1/5/2007 (10/17/1994)
Jenkins, Spencer S., 1/4/2007 (8/11/1984)
Johnson, Brenda S., 2/21/2007 (11/7/1999)
Johnson, Carl E., 3/12/2007 (7/7/1998)
Judd Arnold D., 3/7/2007 (7/21/1978)
Kirkland, Lex W., 2/14/2007 (7/31/1982)
Kunselman, Philip M., 3/5/2007 (9/29/1979)
Layne, Robert H., 3/4/2007 (10/17/1994)
Lee, David E., 2/22/2007 (5/9/1998)
Lee, Lowell, Jr., 2/24/2007 (1/29/1994)
Lindsay, Gilbert F., 1/14/2007 (5/13/1989)
Lopez, John L., 3/21/2007 (1/13/1979)
Lowe, Frank A., Jr., 1/16/2007 (1/3/1987)
Lowery, Keldon, 3/6/2007 (4/30/1977)
Lynskey, Dorothy S., 2/4/2007 (5/29/1982)
Massey, Alice B., 12/31/2006 (1/7/1973)
Mathis, Herchel B., 3/8/2007 (12/19/1980)
McClendon, Harold A., Jr., 1/14/2007 (7/17/1999)
McCroskey, George A., 3/6/2007 (8/18/1973)
Merritt, W. Dudley, 1/8/2007 (11/29/1975)
Miller, Elwood E., 1/23/2007 (8/26/1998)
Miller, Hugh F., 1/20/2007 (4/9/1988)
Milliken, Billy M., 2/20/2007 (9/18/1982)
Morgan, Clarence R., 2/7/2007 (3/27/1993)
Morrow, George F., 1/13/2007 (10/17/1994)
Mullins, Allan T., 2/15/2007 (8/2/1988)
Murray, Jeffrey M., 2/13/2007 (7/29/2006)
Mynatt, Samuel H., Jr., 3/1/2007 (10/1/1982)
Perry, Russell S., 2/14/2007 (10/1/1996)
Pinson, Joe E., 3/3/2007 (10/17/1994)
Raper, Windle B., 3/9/2007 (1/4/1988)
Rogers, Thomas D., 2/22/2007 (9/25/1993)
Rowland, Elmo, 2/5/2007 (1/4/1976)
Shugart, Sara S., 1/28/2007 (9/1/1972)
Sloan, Charles E., 2/9/2007 (10/2/1982)
Smith, Charles C., 2/12/2007 (12/28/1985)
Smith, Johnny L., 1/4/2007 (12/19/1995)
Smith, Marvin E., 3/17/2007 (4/1/2000)
Stokes, Billy R., 3/8/2007 (12/28/2002)
Sullivan, Thaxton G., Sr., 1/23/2007 (7/30/1988)
Thornton, Steve M., 3/12/2007 (9/8/2004)
Turner, Danny E., 1/24/2007 (4/5/2003)
Weathers, Elmer F., 3/18/2007 (2/28/1989)
Wilkins, Paul, Jr., 1/3/2007 (10/17/1994)
Williams, O. Cecil, 2/4/2007 (5/8/1982)
Wilson, David A., 2/5/2007 (8/6/1999)
Wilson, George W., 2/7/2007 (6/21/1985)
Wingo, Roy B., 3/23/2007 (10/17/1994)

UPCOMING CHAPTER MEETINGS

BROWNS FERRY

June 12, 6 p.m.

Cattfish Cabin II, Athens, Ala.

Program to be announced

Jerry Olson, President

256-351-2133

jo2003@charter.net

CHATTANOOGA

June 12, 10:30 a.m.

The Colonnade

Catoosa County Civic Center

11th Annual Picnic

40th Anniversary Celebration

Many door prizes

Tom Swanson, President

423-344-6892

twswanson@comcast.net

CLEVELAND

June 8, 10 a.m.

Ocoee Dam No. 1 Picnic Area

2nd Annual Picnic

Tour of Ocoee Dam No. 1

"Healthful Hints" from

Dr. Patricia Pagan

Don Morrow, President

423-479-6820

morrowcd@bellsouth.net

FLORIDA

Nov. 2 (tentative)

Lakeside Inn, Mount Dora

Yearly luncheon

40th Anniversary Celebration

Terry Ark, President

407-568-3325

tdark@bellsouth.net

GALLATIN

June 13, 1 p.m.

King Solomon Masonic Lodge

Speaker, State Representative

Michael McDonald

Al Goguen, President

615-325-6938

goguen68@comcast.net

HUNTSVILLE

June 14, 10 a.m.

TVA Offices, 4950 Corporate Drive

"The Early Days at TVA"

DVD from History Channel

Frank Holm, President

256-852-2195

frankandbeckholm@aol.com

JACKSON

June 13, 10 a.m.

St. John's Masonic Lodge

Program TBA

Bobby McWherter, President

731-668-4490

bobwandamc@jaxnet.net

JOHNSONVILLE

June 14, 10:30 a.m.

Country Western Steakhouse, Camden, Tenn.

Program TBA

Randall W. Clark, President

731-584-7629

rwclark29@charter.net

KINGSTON

June 25, 10:45 a.m.

Kingston Community Center

Program TBA

Glen Brummitt, President

865-882-1581

glennpatsyB@comcast.net

KNOXVILLE

June 14, 10:30 a.m.

O'Connor Senior Citizens Center

"Once a Vol, Always a Vol!"

Book Review by Authors Gus

Manning & Haywood Harris

Dan Herron, President

865-693-2410

dan.herron@comcast.net

MEMPHIS

June 19, 10:30 a.m.

Allen Fossil Plant

Plant visit

TVA retirees will provide

"Slide Show of Old Photographs"

Rick Flurry, President

662-429-3321

nannyflurry@aol.com

MISSISSIPPI

June 12, 10:30 a.m.

Tupelo Customer Service Center

Program TBA

Danny S. Brewington, President

662-680-4309

dannybrew@peoplepc.com

MUSCLE SHOALS

June 19, 10 a.m.

Florence Lauderdale Coliseum

Annual Picnic & Health Fair

40th Anniversary Celebration

Door prizes

Debbie Norton, President

256-764-8401

deb35630@comcast.net

NASHVILLE

June 13, 10 a.m.

TVA Operations & Maintenance Center

1195 Antioch Pike

TVA Retirement Services

Executive VP Randy Snyder

to discuss benefits

Alvin R. Brown, President

615-370-9015

abrownsr@bellsouth.net

NORTHEAST ALABAMA

June 12, 10 a.m.

Mud Creek Restaurant

Speaker from E911

\$25 door prize

Charles A. Roper, President

256-495-2992

artro@juno.com

PADUCAH

June 19, 10 a.m.

Paducah Executive Inn

"Bank Fraud & Other Scams"

Directed Mostly at Senior Citizens"

Bank of Denton's

Russ Claburn, Speaker

Clinton Horton, President

270-354-9346

inakylake@mchsi.com

PARADISE

June 12, 10:30 a.m.

Cattfish Dock, Powderly, KY

Review of May Board Meeting

"Illegal Drugs & Their Effects

on Senior Citizens," guest speaker

Darrell Sisk, President

270-934-8381

thesisks@logantele.com

PICKWICK

June 19, 10 a.m.

Pickwick Landing Inn

"Green Power Switch," topic for

TVA's Angela Hamlin

Charlotte Daniel, President

662-423-5377

UPPER EAST TENNESSEE

June 14, 11 a.m.

Golden Corral, Morristown, Tenn.

Program TBA

Ken Rice, President

865-377-3078

ken2kaye2r@comcast.net

WATTS BAR

June 11, 10:30 a.m.

Big Red Barn, Spring City, Tenn.

40th Anniversary Celebration

Kelly Lawson, Benefits Speaker

Kathleen Garrison, President

423-365-9048

eddiekathleen@bellsouth.net

WESTERN AREA

June 20, 10:30 a.m.

Paris Landing State Park

Bone Density Evaluation by

Renee Turnbow of Live Well

Paul Russell, President

731-642-1222

**Former TVA Employees of Land Between the Lakes Annual Picnic,
Fenton Area Public Use Area, Saturday, June 2, 4 p.m. Pot luck.**

NOT A MEMBER OF TVARA? WELL . . . YOU SHOULD BE!

WHO IS ELIGIBLE?

All retired TVA employees, former TVA employees, active employees whose combined age and years of service total 80, and the spouses of such employees, are eligible to become members.

Include a check payable to TVARA for \$15 for 2007 dues along with this completed form to:

**TVARA, 400 West Summit Hill Drive WT2A,
Knoxville, TN 37902**

Name: _____

Street Address: _____

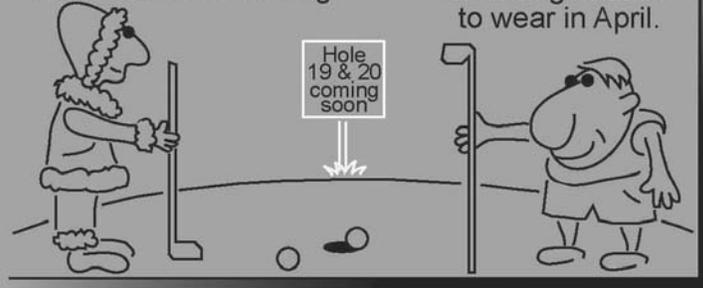
City: _____ State: _____ Zip Code: _____

Email Address: _____

CLEM & SLIM © by Paul Millican

Why is it, Clem, now that we are retired we can't agree about Global Warming?

I don't know, Slim. We can't even agree on what golf attire to wear in April.



TVARA News

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Rogersville, AL 35652
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1932 Northwood Drive
Knoxville, TN 37923
Email: patjimandrews@aol.com

The TVA Retirees Association is the official organization of all TVA retirees. It was organized to serve the varied mutual interests of TVA and its retirees, or 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 Membership or Newsletter Information
Contact tvara@tva.gov, call 865-632-3318, or contact your local TVARA Chapter President (this information is included on page 11).

Medical and Drug Coverage
Call Employee Service Center toll-free @ 1-888-275-8094

Pension Benefits and 401(k) Accounts
For Information Regarding:
Call TVA Retirement System toll-free @ 1-800-824-3870 or visit Website @ www.tva.gov/retireportal

For Address Changes Notify:
TVA Retirement System
400 W. Summit Hill Drive
Knoxville, TN 37902
Call toll-free @ 1-800-824-3870

The Tennessee Valley Retirees Association
400 West Summit Hill Drive WT2A
Knoxville, TN 37902



40th Anniversary

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