

The Tennessee Valley Retirees Association 2007

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TVARA

The TVA Retirees Association

SEPTEMBER 2007 NEWS

Valleywide Officers

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

FALL INTO STEP WITH TVARA

from the TVARA Health Committee

Healthcare is an increasingly significant issue for each one of us. We have seen it picking at our pocketbooks as well as finding a place on our paunches.

Well ... we don't need to just sit there. It's time to take a stand; actually, it's time to take a STEP!

On Oct. 1, members of the TVA Retirees Association are invited to join a 10-week "Fall into Step with TVARA" walking program aimed at improving our health and celebrating our association's 40th anniversary.

Think of it as a "Virtual Traveling Tour" of our 21 TVARA chapters; all

you need is a good pair of shoes and a dose of enthusiastic commitment to taking more steps.

Members who complete program milestones will be eligible for tangible rewards in addition to the more important reward of improved health. The buddy-system fellowship developed through forming walking teams is encouraged and also will be recognized.

The program is the result of our great partnership with TVA, AARP, and BlueCross BlueShield in advocacy of better personal healthcare management.



Essentially, we will be creatively counting the steps we take in the 10-week period.

The daily recommended number of steps for a healthy adult is 10,000,

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RON WRITES

by Ron Loving
TVARA Valleywide President

As we venture through the second half of this year while celebrating the 40-year history of TVARA, certain themes stand out.

One is the resolve and commitment our association leaders have shown to serve the needs of TVA retirees.

Another is the strength of the relationship and partnership we have with TVA.

We must continue to have both to be successful in the future.

During the last couple of months, I have had several opportunities to be reassured that the TVA/TVARA partnership continues to be strong and meaningful.

Specific examples include the following:

- The Human Resources Committee

of the TVA Board invited Bicentennial Volunteers Inc. President Bob Steffy and me to present updates on BVI and TVARA, respectively. The resultant dialogue was so supportive that we were encouraged to meet with the Community Relations Committee as well.

- TVA President/Chief Executive Officer Tom Kilgore and John Long, Chief Administrative Officer & Executive Vice President, Administrative Services, met with me and TVARA Valleywide Secretary Rowena Belcher to discuss the importance of our partnership as a critical communications link in our communities.

- As you will read later in this newsletter, TVA Senior Vice President of Corporate Responsibility & Diversity Peyton Hairston recently met with our TVARA Board and discussed how our

association provides unique value to his new role as an external ombudsman.

In my travels to meet with our TVARA members and my opportunities to meet with TVA's leadership team, I have been very impressed with the evidence of cooperation and good will between these two great organizations.

It took many, many years of visionary leadership to bring this about, making the new TVARA logo we adopted for this anniversary year significant and appropriate for the future of this relationship.

There is much more to come, and the people of the Tennessee Valley and our members will be the beneficiaries.

YOU ARE INVITED

Join us for the TVA Retirees Association Annual Picnic Friday, Sept. 7, at Guntersville Civitan Park in Alabama. Come to enjoy the 40th Anniversary Celebration of TVARA.

TVA President/Chief Executive Officer Tom Kilgore will be the guest speaker. Join other retirees for food and fellowship. Exchange stories about work and your association with TVA. See the great "American Anything-but-Idle" show (more details on page 12). Register for great door prizes.

The picnic begins at 10 a.m., CDT.

It is free for retirees and one guest.

The charge for additional guests is only \$8 each.

To register, call the BVI office at 256-386-3106 or toll-free at 1-800-426-8801.

Buses will be available from Chattanooga, Knoxville, and Muscle Shoals.

For information, contact the following:

Chattanooga – C.D. Heidel, 423-476-6497, email heidelzwei@aol.com, \$12/person (nonrefundable)

Knoxville – Linda DeLozier, 865-531-6286, email riverbull@aol.com, \$15/person

Muscle Shoals – Bill Snoddy, 256-757-3529, email nsnoddy@aol.com, \$10/person (nonrefundable)

Valleywide TVA Retirees Annual Picnic To Focus on TVARA 40th Anniversary

by Donna Gray

40th Anniversary Celebration Committee Chair

This year the Valleywide annual TVA Retirees Association Picnic to be held Sept. 7 at Civitan Park in Guntersville, Ala., will focus on the 40th anniversary of the TVA Retirees Association.

To help celebrate this momentous occasion, Tom Kilgore, TVA President/Chief Executive Officer, will be the keynote speaker.

In addition, activities will be available for retirees to participate in, including games and an "American Anything-but-Idle" talent show.

All retirees and/or family members who have a "talent" are encouraged to participate. Singers, dancers, standup comics, and those with other talents are welcome. To sign up for this activity, please contact Reba Whitson at rjwhitson@tva.gov. The deadline for signing up has been extended indefinitely.

Also, exhibitors will be on hand to offer/explain various services that are available to TVA retirees. Whether you are a recent retiree or a "seasoned" retiree, these organizations will provide you with a wealth of information.

And, in keeping with tradition, door prizes will be awarded. This year's picnic promises to be both educational, as well as entertaining. So make your plans now to attend. What better way to catch up with old friends, enjoy a great meal and great entertainment, and maybe (if you're lucky) win a fabulous door prize!

DO YOU NEED A RIDE TO THE PICNIC?

You can ride to the Sept. 7 TVARA Annual Picnic by bus if you live close to Chattanooga, Knoxville, or Muscle Shoals. Here's how:

Chattanooga—Arrangements have been made for Chattanooga chapter members and guests who want "someone else to do the driving" to travel to Guntersville on a bus. The cost will be \$12 per person (sorry, not refundable). Departure will be at 8:45 a.m. on Sept. 7 from Hamilton Place parking lot (across from Leather One furniture store). The bus will leave Guntersville in time to be back at Hamilton Place at or before 5 p.m. Reservations should be made by sending your name, the

name(s) of your spouse/guest(s), your phone number, and a check made out to TVARA, to TVARA, 3409 Ramblewood Circle, Cleveland, TN 37312, or call C.D. Heidel at 423-476-6497.

Knoxville — The bus to the picnic will leave Knoxville Center (East Town) at 7 a.m. from the lower level of J.C. Penney's. The bus will pick up additional riders at the West Town Mall near J.C. Penney's at 7:30 a.m. and at McDonald's, I-75 Exit 60 (Sweetwater), at 8:30 a.m. (A short coffee break will be taken there.) The cost is \$15 per person and will be collected when you board the bus. If you plan on riding the bus

and did not sign up at the June meeting, please call Linda DeLozier at 865-531-6286. You will be contacted to confirm your reservation.

Muscle Shoals — The bus to the picnic at Guntersville will be at the Florence K-Mart parking lot (garden-center area) at 6:30 a.m. The bus will leave at 7 a.m. and will return immediately after lunch. There will be a \$10 charge per person to ride the bus. Riders must pay in advance (sorry, not refundable). For reservations, call Bill Snoddy at 256-757-3529 or send a check to him at 6847 Hwy. 72, Killen, AL 35645, with your name, guest name(s), and phone number.

TVARA QUARTERLY BOARD MEETING

by Rowena Belcher
TVARA Valleywide Secretary

On Aug. 2, the TVARA Valleywide leadership team and chapter officers, along with TVA and BVI representatives, convened in Nashville for the quarterly business meeting.

The meeting included an informative dialogue with Peyton Hairston, TVA's recently named Senior Vice President, Corporate Responsibility & Diversity, about his additional new roles as Chief Ethics & Compliance Officer and External Ombudsman.

To bring some humor to these serious responsibilities, Hairston shared with us the response he received when telling his father about the new venture as TVA's liaison with those outside the organization:

"So, you are now the TVA Complaint Desk?"

Oh, those words of fun-support that only a parent can provide!

The ombudsman role came from frustrations the new TVA Board has experienced with repeated public comments that "nobody in TVA will listen to us." The intent is to work better with folks at improving ongoing relations with TVA's external stakeholders.

Although not everyone will leave a discussion happy, at least there will have been a diligent attempt to try to address the issues and provide information as to the "whys."

Hairston spoke about the strength he sees in the TVA Board, its executive team, and its future.

"We have the right leadership and at the right time," he said. "You {TVARA} can be proud of where the organization is going and that you have been a part of this success."

He strongly encouraged TVARA's ongoing work in making a difference through our good ambassadorship.

TVARA is recognized as a one-of-a-kind organization demonstrating unique strength through its proactive working relationship with TVA.

The meeting also included a "tag-team" update by TVA Vice President of Retirement Services Randy



Peyton Hairston

Snyder and newly elected TVA Retirement System Board Director Frank Alford. (As you will recall, Alford was nominated by TVARA and serves as the only retiree on the board.)

The two speakers gave an update and summary of the most recent working session, during which the TVARS Board recommended that TVA contribute \$75 million as an employer contribution for FY 2008.

That recommendation will be considered at the September meeting of the TVA Board.

Snyder and Alford acknowledged that determining the proper TVA contribution amount is a comprehensive and complicated calculation process that carefully analyzes various funding alternatives intended to keep the Retirement System well-funded.

One of the greatest benefits we have as TVA retirees is our pension plan. Our system is one of few in the world that is fully funded.

TVA repeatedly is expressing its support of the plan and the funding, and of finding ways to keep the fund-

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CONGRATULATIONS TO BVI

On behalf of The TVA Retirees Association, Ron Loving, TVARA Valleywide President, extends congratulations to Bicentennial Volunteers Inc. for receiving national recognition from the Advisory Board Co., an organization based in Washington, D.C., that highlights "best practices."

The Advisory Board commended BVI as an example of a great way to leverage retiree talent.

"BVI is the best example we've seen, and we talked to tons of companies this spring," says Alex Guambana, a senior analyst with the Advisory Board.

Guambana says the Advisory Board plans to promote the BVI Website as an example of an effective way to engage a company's

retirees and help make it easier for those who want to get back to work to do so.

The Advisory Board publishes daily and weekly news, major studies, and research briefs on progressive management practices.

BVI launched its Website last year for the TVA retiree community. The site allows retirees to submit their qualifications online for TVA contract work, Federal Emergency Management Agency disaster-relief work, and volunteer work.

Job opportunities are posted on BVI's homepage at MyBVI.org.

In addition, the BVI site contains a directory of retiree email addresses, a photo gallery, and classified ads. The site has become a popular destination, averaging more than 5,000

hits per day.

As you may recall, BVI was restructured into three separate groups in 2002: (1) BVI, to focus on volunteer activities; (2) RRC (Retiree Resources Corp.), to focus on paid contract work, and (3) NEA (National Emergency Assistance), to focus on FEMA assistance.

The organization as a whole is still known informally as BVI. However, each group has its own board of directors (although some directors serve on more than one board).

Retiree Bob Steffy is president of all three groups.

"We are extremely pleased that TVARA and BVI work together to enhance the lives of TVA retirees, and we look forward to a long and continued relationship," Loving says.

Chattanooga — Our Largest TVARA Chapter

TVARA Chattanooga Chapter President Tom Swanson has heeded the call of this anniversary year to “Embrace the Past and Embark on the Future.”

Specifically, his leadership team is trying new things to address three of the initiatives chapters were to undertake this year: (1) growing their chapter membership, (2) increasing community volunteerism and (3) finding a special way to celebrate TVARA’s 40th year.

“With 2,800 dues-paying members in our chapter, timely communication is a challenging job and is the key to member involvement, as well as to chapter growth and recruitment,” Swanson says.

“To keep our members updated on meetings, information sessions, and volunteer projects, our chapter has chosen to publish a small newsletter while working diligently to build a list of email addresses we hope will

defray some of the cost of mailings in the future.”

He says special focus has been devoted to two-way communication. A survey, which asks for input on improvement of chapter operations, suggestions on program/information topics, and ideas for volunteer and other activities the chapter should support or host, is conducted at every meeting.

“The response to the survey process has been excellent,” Swanson says.

One example of the survey input was that meeting just once a quarter is not sufficient to support informational and social activities, especially when one meeting is the annual picnic and another is the Christmas party.

“Next year, we will experiment with increasing to bimonthly meetings/events,” Swanson says. “Our September chapter meeting has now

been shifted to October. This will not only clear the local calendar for folks wanting to attend the Valleywide TVARA picnic, but it also will enable timelier information about the status of vaccines for the upcoming flu season.”

Swanson summarizes challenges all chapters face in growth through recruitment.

“It is at least a twofold problem,” he says. “First you have to get to retirees, and second, you have to offer some reason for them to want to get involved. We should be taking opportunities as early as possible to begin continuous communication for those we want to attract.”

On Aug. 21, the chapter hosted a night at the ballpark, with retirement-eligible employees invited to a picnic and baseball game, along with current chapter members.

Swanson says programs and

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Former chapter presidents honored at the Chattanooga 40th Anniversary Celebration are, from left, Dick Crawford (1997), Tom Smith (2006), Chuck Winn (1999), Jack Gilleland (1985), Jack Anderson (1992), Sid Reynolds (2003-04), Hugh Gardner (1993), David Lamb (2005), Clem Schonhoff (1991), Bill Massa (1986), and Pat Miller (2001). Unable to attend the meeting were former chapter presidents Charles Dammann (2002), Al Richie (2000), Betty Quave (1998), Sylvia Kampmeier (1990) and Ed Gober (1984).

A TVA Tidbit

by Paul Millican

TVA retiree and Cartoon Artist for the TVARA News

In May 1933, President Franklin D. Roosevelt asked Congress to create “a corporation clothed with the power of government but possessed of the flexibility and initiative of a private company.”

Thus, Congress gave us the Tennessee Valley Authority for one innovative solution to President Roosevelt’s New Deal to lift the nation out of the depths of the Great Depression. And even by depression standards, the Tennessee Valley was in sad shape in 1933.

World War II came along, and construction started on 12 hydroelectric plants to create power for creation of aluminum that was needed for the war effort.

As the newly hired men began to clear land for the construction, one Tennessee farmer refused to move. Despite the fact that a new and far

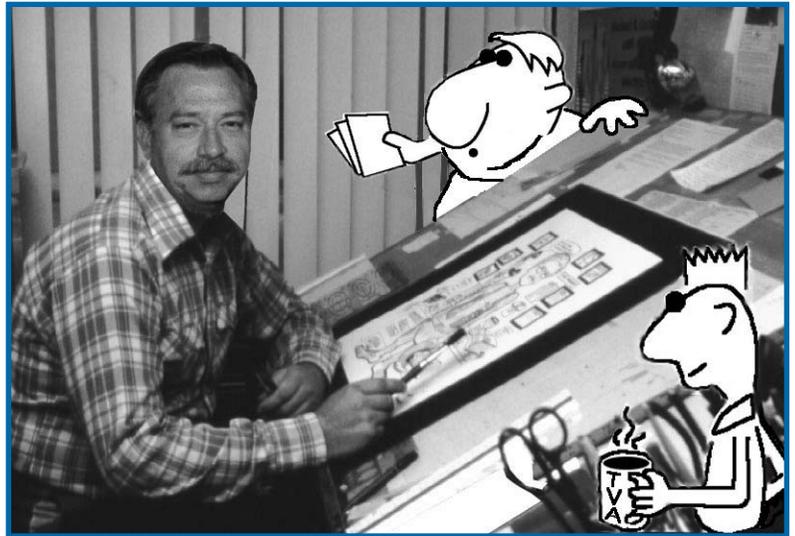
superior house was built for him, he would not budge. When engineers pushed him for a reason, the “old man” said his father asked him to promise he would never let the fire go out on the hearth because his grandfather had lit the fire when the cabin was built.

With true American ingenuity, the TVA engineers showed the farmer how they could move the fire without its ever going out. The man was more willing to move and declared, “I only wanted to keep the fires of my forefathers alive.”

This is what I call a true American —

strong and ever planted in the footsteps of our ancestors!

(Paul Millican, from Flat Rock, Ala., spent many years working with TVA to market electricity and related conservation and energy-management services before his retirement in 1994. Altogether he spent 20 years in the marketing and communication areas.)



Cartoonist Paul Millican, with his friends “Clem & Slim”

More Telling of TVA Stories

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

Chapter Spotlight...continued from Page 4

events will grow, not only in number but also in variety, to appeal to a more diverse retirement community.

Health-insurance and estate-planning topics will be supplemented with other activities such as health fairs, ballgames, and perhaps some dinner cruises out of Chattanooga.

“Since chapter membership is too large and diverse in age and interest for a few meetings, we have had to increase the frequency of the meetings to increase the diversity of the events and topics,” Swanson says.

Volunteerism is another way to strengthen TVARA chapters. To encourage organization, focus, and enthusiasm with volunteerism, the Chattanooga chapter has done the following three things:

- Appointed a volunteer coordinator

to channel requests for assistance and match them up with interested participants.

- Focused on just a few significant projects, such as the Combined Federal Campaign Day of Caring, Commodities Distribution Services, and Habitat for Humanity. “These and others like them will hopefully attract greater attention from the membership,” Swanson says.

- Provided caps, T-shirts, and other items to encourage camaraderie and greater enthusiasm and to identify participants and members of the “TVA Retiree Team.”

In June — for perhaps the most important event of 2007, TVARA’s 40th Anniversary — the Chattanooga chapter focused on the legacy of leadership by recognizing past presidents who brought the largest

chapter in the TVARA to the point where it is today.

Eleven of the 16 past presidents, dating back to 1984, were present at the meeting and had their leadership recognized with a recliner blanket signifying a time to rest after a job well done, along with the individual’s name, date of service as president, and the TVARA logo embroidered in contrasting color.

“We are extremely pleased with how the largest chapter in the TVARA association arises to each challenge,” Swanson says.

TVARA Valleywide Membership Chair John Blackwell adds this observation about the Chattanooga chapter:

“It is the most progressive chapter we have in TVARA. Other chapters could follow much of its example.”

40th Anniversary Celebrations Spread Across the Valley

by Donna Gray
40th Anniversary Celebration Committee Chair

More than a thousand TVA retirees have turned out for annual celebrations across the Tennessee Valley this year.

Attendees enjoyed great barbecue, listened to presentations by various supporters, including the Credit Union, and played a trivia game. Old friends commiserated about the “good old days” at TVA, and some lucky attendees took home door prizes.

The TVARA News would like to share some of the pictures from the Chattanooga, Gallatin, Memphis, Cleveland, Muscle Shoals, and Watts Bar celebration meetings.

Then, plan to join us for TVARA’s Annual Picnic Sept. 7 at Gunterville for more fun!



Wearing the cap he received as the male winner of a TVA Trivia contest at the Cleveland TVARA Chapter’s second annual picnic June 8 at Ocoee Dam No. 1, retiree Dennis McCurry gives a “thumb’s up” of approval.



Retiree Ralph Jones, with his wife, Carolyn, wins a TVA lunch bag as a door prize during the Watts Bar TVARA Chapter’s 40th Anniversary Celebration June 11 at the Big Red Barn in Spring City, Tenn.



Muscle Shoals retiree Robert Chard and BVI Program Coordinator Carol Sherer, a fellow retiree, hold a jar containing \$230, which they split after guessing within a dollar each of the correct total, at the Muscle Shoals TVARA Chapter’s picnic/health fair/40th Anniversary Celebration June 19.



Chattanooga retiree Cliff Lundy wins a \$100 door prize at his chapter’s 11th annual picnic and TVARA 40th Anniversary Celebration June 12 at Catoosa County Civic Center.



From left, retirees J.B. Brown, Herman Hill, and Jewell Holmes look over TVA Trivia questions, while fellow retiree Cameron Harris watches, during their visit to Allen Fossil Plant for the Memphis TVARA Chapter’s June 19 meeting.



From left, at the Cleveland TVARA Chapter's June 8 meeting, retiree J.C. Jones, guest Vesta Martin and her friend Ruby Martin (widow of TVA employee Hoyt Martin), and Lou Stevenson and her husband, Jerry (retiree and Co-Volunteer Coordinator for the chapter), share a table and share memories of TVA.



A portion of the big crowd at the June 19 Muscle Shoals Chapter meeting listens to the 40th Anniversary program at Florence Lauderdale Coliseum.



TVARA Valleywide President Ron Loving visits with retiree Annie Lewis at the Chattanooga Chapter's picnic and anniversary celebration June 12.



At the Gallatin TVARA Chapter's June 13 meeting at King Solomon Masonic Lodge, Chapter President Al Goguen (left) receives from Tennessee State Rep. Michael McDonald a copy of a resolution recognizing the retiree group's community efforts.



Memphis Chapter retirees are treated to a slide show of old Allen Fossil Plant photos at their June 19 meeting.

TVARA Quarterly Board Meeting continued from Page 3

ing healthy.

The remainder of the Aug. 2 meeting in Nashville included updates of

business items, many of which are found in this edition's articles and chapter reports.

Information about the TVARA Board meeting will be presented at September chapter meetings.

Advocacy Council Report

by John Culp

Chairman, TVA Advocacy Council

TVARA Advocacy Council members met recently with John Bradley, TVA Senior Vice President of Economic Development, to get an update on TVA's work with megasite communities and other projects.

TVA has been very successful in helping communities prepare for and obtain industries that are appropriate for megasite development.

To be more specific about this endeavor, the Advocacy Council is working with Bradley's staff to help identify the "behind-the-scenes" work TVA does to help communities prepare their sites for attracting businesses and industries.

Council communications to newspapers and elected officials will be released in concert with company announcements of new-industry locations.

In addition, Economic Development staff members periodically alert Advocacy Council members to Code Blue communications that identify successes in attracting new businesses and expanding businesses to communities throughout the Tennessee Valley.

At the meeting with Bradley, Emily Reynolds, Senior Vice President, Communications, Government & Community Relations, joined us and gave an update on her organization and identified key issues important to TVA. We gave her a brief description of the role TVA retirees play in advocating for TVA. We plan to meet with her to discuss our work, brief her on how we help tell the TVA story, and to get an

update on TVA.

On another issue, TVA retirees in Kentucky have sent letters during the past few months to the Kentucky congressional delegation expressing support for TVA and the critical role of public power in helping improve the Commonwealth's economy. We are prepared for additional work in Kentucky if events indicate action is needed.

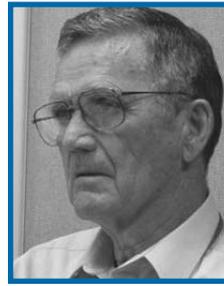
A few letters supporting TVA's recent Strategic Plan were sent to newspapers by retirees, and we encourage you to send your own letters of support.

Let me (jculp@tva.gov) or John Blackwell (jpblackwell@tva.gov) know if you would like to send a letter, and we can help with the format.

(The mailing address for John Culp is CTR 1A, Tennessee Valley Authority, P.O. Box 1010, Muscle Shoals, AL 35662, and for John Blackwell, it is CTR 1E, Tennessee Valley Authority, P.O. Box 1010, Muscle Shoals, AL 35662.)

NOW, I AM ON A SOAPBOX!

We really need you to make presentations at your local civic clubs. As you know, every civic club in every city is always looking for speakers. You can do a great job in advocating for TVA and for retirees by making presentations at civic clubs. We can help with preparing speeches, notes, etc., for your use in making presentations.



John Culp

It would be great if every chapter appointed a person to be responsible for working with the Advocacy Council by calling area civic clubs to set up meetings with the clubs and encouraging its members to go and make speeches. The council would then help them in preparing notes and speeches about key issues important to retirees and TVA.

We have several speeches on hand, including a good one about TVA history — the history that you helped create. TVARA President Loving supports this initiative and joins the Advocacy Council in encouraging each chapter to participate. Let's do it!

The Advocacy Council also is working with Carolyn Bradley-Minter, TVA's Senior Manager of Internal & Retiree Communications, in preparing talking points retirees can use in TVA directions with nuclear energy, Watts Bar, and other key issues you may be asked about. We will keep you posted on this initiative.

I want to extend a special welcome to new retiree Theresa Habiger. She is now a member of the Advocacy Council, where she will continue the excellent work she did at TVA in supporting retirees and TVA. We are fortunate to have Theresa on the team!

You helped achieve TVA's past successes. You can help ensure that this history, along with TVA's current successes, gets the appropriate recognition.

Thanks for all you are doing, and let the Advocacy Council know how we can help you get the job done.

"Fall Into Step"..continued from Page 1

equating to about five miles. For some of us, this level may already be part of our lifestyle; for others, it may be too big a push.

Don't worry — the "Fall into Step with TVARA" program is designed to accommodate a wide range of steps. The goal is to help you take more.

Walkers will register at the September chapter meetings (see page 11) and receive a pedometer

and program information. If unable to attend the meeting, members should contact the president of their chapter or call Reba Whitson at 865-632-3318.

Walkers will select which "virtual route" they plan to travel. There will be six from which to choose, varying in number of steps and geographic destination.

You should pick the one that you

desire and that provides a bit of a challenge. Beginners might choose the "Moseying My Way from K'town to Morristown" route for a total of 100,000 steps in 10 weeks. Advanced walkers may be "Taking the Long Trek to Tupelo," with an average of just over 10,000 steps per day.

Many will find a suitable path somewhere in between.

See you in September!

WATER-THERAPY EXERCISE PROGRAM

Courtesy of
TVARA Health Outreach Program

Programs for water-therapy exercise (sometimes called “pool therapy,” “hydrotherapy,” or “aquatic therapy”) provide less stressful means of exercise for achieving increased function, along with decreased pain, increased range of motion, weight loss, and cardiac conditioning.

Water-therapy exercise offers many of the same benefits associated with a land-based exercise program and can be especially helpful in cases where a land-based exercise program is not possible due to pain, decreased bone density, disability, or other factors.

Danna Carver, Physical Therapist, MTC, at Physiotherapy Associates Inc. in Knoxville, Tenn., says, “Treatment plans can be tailored to each individual, or water-exercise classes may be available to fit different ability levels and needs.

“Therapy can be very versatile and is good for people with conditions such as osteoarthritis, advanced osteoporosis (susceptibility to and/or pain from fracture), muscle strain or tears, multiple sclerosis, diabetes, and various orthopedic conditions such as back pain and post-surgical cases during joint-replacement.”

Benefits of water during exercise therapy

The physical properties of water make it a highly desirable medium in which to exercise. Some of the most important properties of water that make exercise easier include the following:

- **Buoyancy:** Water counteracts gravity and helps to support the weight of the patient in a controlled fashion. This can aid the development of improved balance and strength.
- **Viscosity:** Water provides resistance by means of gentle friction, allowing strengthening and conditioning from an injury, while reducing the risk of further injury due to loss of

balance.

- **Hydrostatic pressure:** There are powerful effects produced by hydrostatic pressure that improve heart-and-lung function, making aquatic exercise a very useful way to maintain and strengthen heart and lung function. This pressure effect also aids in improving muscle blood flow.

Together, these properties allow development of an exercise regimen that minimizes the weight placed on the spine (axial load) and joints, as well as risk of injury due to unintended movements during exercises.

Carver also says the buoyancy of water permits a greater range of positions due to the virtual elimination of gravitational forces, particularly for exercises that require lifting the legs, the heaviest limb of the body for most people.

Buoyancy, when doing water-exercises, can be increased with the use of floats.

Limitations to consider

In general, water-therapy exercise should usually be avoided if a person has fever, severe heart failure, incontinence, or infection.

Also, there may be some limitations for individuals with severely limited endurance or range of motion or for those who have problems with perception of objects (such as the instructor’s demonstrating a particular exercise). Since the pools are usually kept heated, the water also may be too warm for patients with certain conditions.

Therefore, it is **IMPERATIVE** that individuals check with their doctors before engaging in any kind of water exercise. For many patients, water-based exercises should only be per-



Shown above is the Arthritis Class at Olive’s Aquatic Fitness Center in Elgin, Ala. The members of the Arthritis Class all understand that they need to “Move it or lose it!” and are enjoying a game of “Drop the Ball,” similar to the game “Drop the Handkerchief” that we all played in our childhood.

formed under the guidance of a qualified health professional. And in certain cases with special needs, a person’s insurance may help pay for the water therapy with a doctor’s prescription and a properly licensed facility and instructor.

And last but not least, for patients with low bone density or osteoporosis, the buoyancy provided by the water may not be as beneficial for building bone as weight-bearing land-based exercises. However, the added strength and balance achieved through an aquatic-exercise program may facilitate a safe return to land-based exercise.

“Not only does water provide physical benefits, but it also provides psychological benefits,” Carver says. “When working in a group setting, water therapy provides social interaction.

“Water exercise can also be more enjoyable for some, as there is no fear of falling. Studies on senior participants in an aquatic program have indicated significant improvements in self-confidence, social life, and sleeping patterns, as well as improvements in cognitive functioning.”

In Memoriam

(March – June 2007)

VA Retirement Services received notifications of the deaths of the following retirees during the second quarter of the year. They are listed with date of death and (date of retirement).

- Armistead, Margaret F.**, 05/24/2007
(12/01/1972)
- Arnett, Charles W.**, 05/01/2007
(07/01/1989)
- Beasley, Earl W., Jr.**, 04/02/2007
(12/16/1982)
- Benton, Edgar D., Jr.**, 06/20/2007
(08/02/1988)
- Birchfield, Bernie**, 04/02/2007
(10/18/1980)
- Birchfield, James W.**, 05/06/2007
(10/04/1980)
- Brannon, Edward K.**, 04/06/2007
(03/02/1991)
- Brown, Barbara P.**, 05/16/2007
(10/17/1994)
- Brown, Thomas W.**, 05/16/2007
(05/28/1986)
- Bryant, Linda S.**, 04/06/2007
(11/05/1996)
- Bushart, Roberta M.**, 03/21/2007
(11/01/1978)
- Butler, Harold R.**, 05/06/2007
(01/09/1982)
- Caldwell, Aileen C.**, 04/15/2007
(Unknown)
- Calhoun, Sam H.**, 04/27/2007
(10/17/1994)
- Childers, Roy, Jr.**, 05/27/2007
(09/17/1984)
- Christopher, Cleve**, 06/11/2007
(10/02/1989)
- Conner, Benjamin B.**, 04/19/2007
(Unknown)
- Cunningham, Richard E.**, 04/02/2007
(09/24/1988)
- Davenport, Clifford O.**, 04/17/2007
(06/01/1990)
- Davis, Paul R.**, 05/31/2007
(10/17/1994)
- Davis, Thomas**, 06/09/2007
(09/29/1984)
- Day, William L.**, 05/29/2007
(01/07/1977)
- Dillon, Vena M.**, 06/16/2007
(10/01/1996)
- Doss, Charles E.**, 04/03/2007
(01/10/1987)
- Dunn, Richard E.**, 06/23/2007
(01/08/1983)
- Fish, Birney R.**, 03/21/2007
(08/15/1990)
- Gooch, James B.**, 06/07/2007
(03/01/1980)
- Green, Roy R.**, 06/21/2007
(10/17/1994)
- Gulley, Dean Y.**, 06/16/2007
(08/02/1988)
- Hale, Willie F.**, 04/20/2007
(10/17/1994)
- Harper, Ben F.**, 06/17/2007
(12/10/1977)
- Harris, Dorothy J.**, 04/09/2007
(05/17/1980)
- Harris, Jasper C., Jr.**, 03/28/2007
(10/17/1994)
- Headrick, Phillip R.**, 05/22/2007
(08/02/1988)
- Hendrix, John E.**, 05/22/2007
(09/18/1982)
- Hodgins, Jasper C., Jr.**, 03/28/2007
(10/17/1994)
- Hughes, Paul N.**, 05/04/2007
(08/22/1983)
- Humphrey, Earl R.**, 04/13/2007
(10/17/1994)
- Irons, Floise D.**, 03/05/2007
(05/23/1978)
- Jenkins, James M.**, 05/26/2007
(10/17/1994)
- Johnson, Walter S.**, 04/07/2007
(03/27/1982)
- Kerns, Steve H.**, 05/01/2007
(08/02/2002)
- King, John F.**, 03/29/2007
(01/08/1983)
- Kostes, Ann E.**, 05/15/2007
(07/02/1989)
- Lauridsen, Eric W.**, 04/13/2007
(04/13/2007)
- Leatherwood, Jessie M.**, 05/04/2007
(12/05/1973)
- Liner, Richard L.**, 04/27/2007
(01/05/2002)
- Long, Ray W.**, 05/30/2007
(01/31/1998)
- Means, Geneva S.**, 04/15/2007
(10/01/1988)
- Mitchell, Glenn H.**, 04/11/2007
(01/10/1987)
- Montgomery, Kenneth E.**, 05/12/2007
(03/31/1996)
- Moore, Charles L.**, 05/23/2007
(11/07/1992)
- Morton, James T.**, 03/13/2007
(01/03/1983)
- Mowell, Densie D.**, 06/15/2007
(01/01/1983)
- Murphy, Elmer D.**, 06/03/2007
(06/05/1993)
- Nelson, Alfonse**, 05/23/2007
(06/08/1991)
- Parberry, Virgil G.**, 02/02/2007
(06/17/1973)
- Phillips, Henry L., Jr.**, 03/29/2007
(12/13/1994)
- Powell, Keith E.**, 03/29/2007
(10/17/1994)
- Puegner, Lucille C.**, 04/04/2007
(01/03/1976)
- Radcliffe, Willie**, 05/30/2007
(09/22/1984)
- Ragsdale, James D.**, 04/16/2007
(08/09/1992)
- Raxter, Gerald H.**, 03/28/2007
(01/11/1982)
- Riley, Harold J.**, 06/08/2007
(07/01/1991)
- Robinson, Willie L.**, 02/21/2007
(01/11/1981)
- Robison, Roger T.**, 04/02/2007
(06/25/1983)
- Rogers, Doctor T.**, 05/11/2007
(09/18/1982)
- Runion, John L.**, 06/03/2007
(08/02/1988)
- Scruggs, Myles J.**, 05/27/2007
(02/15/1988)
- Slagle, Inez Y.**, 04/26/2007
(03/25/2000)
- Snyder, Jackson L.**, 05/12/2007
(08/02/1988)
- Snyder, Leonard W.**, 05/23/2007
(Unknown)
- Spears, James C.**, 03/26/2007
(03/05/2005)
- Stacy, Roy C.**, 06/01/2007
(10/17/1994)
- Stansberry, Lee A.**, 04/25/2007
(10/01/1988)
- Stewart, Noble B.**, 06/28/2007
(11/28/1979)
- Stone, Billie G.**, 06/23/2007
(03/23/1984)
- Stumpe, Henry A.**, 05/21/2007
(05/01/1976)
- Swearingen, Charles H.**, 05/10/2007
(10/17/1994)
- Tatum, John E.**, 04/30/2007
(02/26/1992)
- Taylor, Paul J.**, 03/03/2007
(09/21/1988)
- Tefft, Doy W.**, 04/03/2007
(02/18/1999)
- Trail, Lonnie D.**, 05/21/2007
(01/01/1991)
- White, Glenora Bartley**, 04/02/2007
(05/04/1985)
- Wilhoite, Margaret Yvonne**, 06/18/2007
(07/07/1990)
- Wilkerson, Ted R.**, 04/04/2007
(11/06/1986)
- Williams, Charlie H.**, 03/31/2007
(05/22/1990)
- Williams, Conley E.**, 04/02/2007
(05/01/1999)
- Williams, Francis E.**, 03/31/2007
(01/09/1982)
- Williams, Larry G.**, 03/26/2007
(09/27/1997)
- Wilson, H. Mailon**, 04/01/2007
(02/16/1985)
- Winton, Lawrence E.**, 06/24/2007
(03/15/1992)
- Woodruff, Harry C.**, 05/21/2007
(08/02/1988)
- Wright, Sidney H.**, 05/31/2007
(02/24/2001)

UPCOMING CHAPTER MEETINGS

BROWNS FERRY

Sept. 11, 6 p.m.

Catfish Cabin, Hwy. 72, Athens
40th Anniversary Celebration

Jerry Olson, President

256-351-2133

jo2003@charter.net

CHATTANOOGA

Oct. 9, 10 a.m.

Brainerd United Methodist Church
Fellowship Hall

Hamilton County Emergency
Preparedness Organization

Flu shots and need for emergency volunteers

Tom Swanson, President

423-344-6892

tswanson@comcast.net

CLEVELAND

Sept. 14, 10 a.m.

First Baptist Church

Adult Ministries Center

Changes in Retiree Benefits

Becky Thomason, TVA Benefits Staff

Don Morrow, President

423-479-6820

morrowcd@bellsouth.net

FLORIDA

Nov. 2

Lakeside Inn, Mount Dora

Annual luncheon

40th Anniversary Celebration

Terry Ark, President

407-568-3325

tdark@bellsouth.net

GALLATIN

Sept. 12, 1 p.m.

King Solomon Masonic Lodge

Gallatin Mayor Jo Ann Graves,

Guest Speaker

Alfred R. Goguen, President

615-325-6938

goguen68@comcast.net

HUNTSVILLE

Sept. 13, 10 a.m.

TVA Offices, 4950 Corporate Drive
Suite 125F

Report on Aug. 2 TVARA
Valleywide Meeting

Frank J. Holm, President

256-852-2195

frankandbeckholm@aol.com

JACKSON

Sept. 12, 10 a.m.

St. John's Masonic Lodge

Program to be announced

Bobby McWherter, President

731-668-4490

bobwandamc@jaxnet.net

JOHNSONVILLE

Sept. 13, 10:30 a.m.

Four Seasons Restaurant

Program TBA

Randall W. Clark, President

731-584-7629

rwclark25@charter.net

KINGSTON

Sept. 24, 10:45 a.m.

Kingston Community Center

Program TBA

Glen Brummitt, President

865-882-1581

glennpatsyB@comcast.net

KNOXVILLE

Sept. 13, 10:30 a.m.

O'Connor Senior Center

Revocable & Irrevocable Trusts,

Wills, and Power of Attorney

Attorney Victoria Tillman,

Guest Speaker

Dan Herron, President

865-693-2410

dan.herron@comcast.net

MEMPHIS

Sept. 18, 4 p.m.

TVA Cordova Substation

Membership Recruitment Barbeque

Rick Flurry, President

662-429-3321

nannyflurry@aol.com

MISSISSIPPI

Sept. 11, 10:30 a.m.

Tupelo TVA Customer Service Center

Business Meeting & Cookout

Danny S. Brewington, President

662-680-4309

dannybrew@peoplepc.com

MUSCLE SHOALS

Sept. 18, 10 a.m.

ERC Auditorium

Muscle Shoals Reservation

Estate Planning, Living Wills,

Revocable, & Irrevocable Trusts

Debbie Norton, President

256-764-8410

deb35630@comcast.net

NASHVILLE

Sept. 12, 10 a.m.

TVA Operations & Maintenance Center

1195 Antioch Pike

TVARA Valleywide President

Ron Loving, Guest Speaker

Alvin R. Brown, President

615-370-9015

abrownsr@bellsouth.net

NORTHEAST ALABAMA

Sept. 11, 10 a.m.

Mud Creek Restaurant

Discussion on Picnic and

TVARA Valleywide Meeting

Charles A. Roper, President

256-495-2992

artro@juno.com

PADUCAH AREA

Sept. 11, 11 a.m.

Bob Noble Park

Annual Chapter Picnic

40th Anniversary Celebration,

New Member Recruitment

Clinton Horton, President

270-354-9346

jnakylake@mshsi.com

PARADISE

Sept. 11, 10:30 a.m.

Catfish Dock, Powderly, Ky.

Picnic & Planning of

40th Anniversary Celebration

Darrell K. Sisk, President

270-934-8381

thesisks@logantele.com

PICKWICK

Sept. 18, 10 a.m.

Pickwick Landing Inn

TVARA Valleywide President

Ron Loving, Guest Speaker

Charlotte Daniel, President

662-423-5377

UPPER EAST TENNESSEE

Sept. 13, 11 a.m.

Golden Corral Restuarant, Morristown

Planning of Christmas Dinner &

40th Anniversary Celebration

2008 Officer Elections

Kenneth "Ken" Rice, President

865-377-3078

Ken2kaye2r@comcast.net

WATTS BAR

Sept. 10, 10:30 a.m.

King of Pizza

New Lake Crossing

Spring City, Tenn.

Vice President Phil Reynolds,

Human Resources & TVARS

Appointee, Guest Speaker

Kathleen Garrison, President

423-365-9048

eddiekathleen@bellsouth.net

WESTERN AREA

Sept. 19, 10:30 a.m.

Paris Landing State Park

TVARA Valleywide President

Ron Loving, Guest Speaker

Paul L. Russell, President

731-642-1222

Don't forget to sign up for the walking program "Fall into Step with TVARA" at your September chapter meeting or the annual picnic. (See story on page 1.)

Browns Ferry Security Picnic Sept. 13

Former security personnel at Browns Ferry Nuclear Plant are invited to a luncheon get-together at noon Thursday, Sept. 13, at the Catfish Cabin in Athens, Ala.

The restaurant is at 906 Highway 72 E. Spouses or guests also are welcome to attend.

For more information, call Charles D. "Pete" Lawson at 256-764-1910 or email him at llawsonp5@aol.com.

If you are a TVA retiree and you've got talent, you could be the next

American Anything-but-Idle Star!

TVA/TVARA Annual Retirees Picnic
Friday, Sept 7
Guntersville Civitan Park
Guntersville, Alabama
Grounds open at 10 a.m. CDT

Singers, dancers, musicians, poets, comedians, trapeze acts and wild animal trainers are all welcome!

There will be prizes for the winners and gifts for every participant!

Call Reba Whitson at 865-632-3318 or e-mail her at tvara@tva.com.

A rocking good show is in store, so come on down!

See more TVA/TVARA Annual Retiree Picnic coverage on page 2.

CLEM & SLIM © by Paul Millican



TVARA News

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Email: stewartrg6@aol.com

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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



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