

already here

The shape of things ~~to come~~



Forget the funny shape, compact fluorescent bulbs lower your home energy use.

As this summer's heat wave brought home in dramatic fashion, energy use in the Tennessee Valley is increasing and shows no sign of slowing down anytime soon. But cutting part of that growth could be as simple as changing a light bulb.

Fluorescent lights, those long tubular bulbs in virtually every office in the country, use much less energy — about two-thirds less — than normal incandescent bulbs. With the advent of compact fluorescent bulbs, or CFLs, fluorescents have made their way out of the office and into home lighting fixtures where they can last up to 10 years before needing to be replaced.

"CFLs cost a little more initially, but their longevity and energy savings make them a much better deal in the long run," says Angela Carroll, TVA marketing manager for Residential Products. "If you are using a 60-watt incandescent bulb in a reading lamp, you could replace that bulb with a 15-watt CFL. The energy savings over the life of the bulb could be as much as \$40."

Choosing the right CFL

Carroll says there are several things to consider when purchasing a CFL. First, compare CFL bulb wattage to the equivalent incandescent you are replacing. Manufacturers include this information on the packaging in common terms such as "Soft White 60" or "60-Watt Replacement." Next,

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The Parkers — Always ready to volunteer

Training thousands of children in water safety, staffing Live Well and visitor centers, and passing out brochures for the TVA Police Lake Watch Program are just a few of the volunteer services Tom and Loretta Parker of Muscle Shoals, Ala., have provided to their community.

For their years of dedicated service, the Parkers were honored as Volunteers of the Year at the BVI dinner in Huntsville Sept. 6.

Tom Parker, 73, never worked for TVA, but that didn't keep him from jumping in to volunteer alongside TVA retirees in 1997 when his wife Loretta was working in Human Resources in Muscle Shoals.

When Loretta was transferred to the Employee

Service Center in Knoxville, Tom, who had retired from his career as division manager of Jefferson Pilot, continued his volunteer work and got Loretta involved. They both helped with reservoir surveys, and Tom volunteered with the Dogwood Arts Festival and at the TVA Company Store.

After Loretta retired in 2001, the native Alabamians moved back to Muscle Shoals where she grew up. Tom is from the Guntersville area.

Over the years, the Parkers have tutored

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Inside TVA

RETIREES EDITION

Inside TVA Retirees Edition and Inside TVA are available on the TVA external homepage www.tva.com.

Comments and suggestions are welcome. Send them to *Inside TVA Retirees Edition*, WT 7A-K (400 W. Summit Hill Dr., Knoxville, TN 37902), or call 865-632-8004.

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Home energy use

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check the lumen rating. The higher the lumen rating, the greater the light output.

CFLs are available in varying shades of white light. For example, most CFLs provide a soft white light for your home. However, you should choose a cooler color if you require task lighting. Look for an ENERGY STAR-qualified CFL for the right application, and you should not have any problems with satisfaction.

"ENERGY STAR recommends using CFLs in open fixtures that allow airflow, such as table and floor lamps, wall sconces, pendants and outdoor fixtures that are used at least 15 minutes at a time or several hours a day," Carroll says. "Swapping out bulbs in closets would probably be a low priority. The best areas to use qualified CFLs are places like family rooms, kitchens, bedrooms and dining rooms. ENERGY STAR-qualified CFLs have a warranty, so if a bulb fails within the warranty period, return it to your retailer."

CFLs do have a few limitations. For instance, they don't perform well in cold temperatures. Vibration may shorten their life, so it is probably not a good idea to use them in ceiling fans. You should also buy specially marked bulbs if you plan to use them outdoors, in enclosed fixtures or with dimmer switches.

Safe bulb disposal

Mercury is an essential component of any fluorescent bulb, including CFLs. It allows the bulb to be an efficient light source. CFLs contain only a small amount of mercury, an average of 5 milligrams, sealed within the glass tubing. That's about the amount that would cover the tip of a ballpoint pen. By comparison, older thermometers contain 500 milligrams of mercury. No mercury is released when the bulbs are intact or in use.

"Since CFLs are made of glass, they can break if dropped or handled roughly," Carroll says. "Always screw and unscrew the lamp by its base — not the glass — and never forcefully twist the CFL into a light socket."

If a CFL breaks in your home, the Environmental Protection Agency recommends you open a window to disperse any vapor

that may escape, carefully scoop up the fragments with stiff paper or cardboard and place them in a plastic bag that can be sealed.

Do not use a vacuum or broom to clean up a broken CFL on hard surfaces. Wipe the area with a disposable paper towel or wet wipe to remove all glass fragments. Place all the clean-up items and fragments in a second sealable plastic bag and put both bags into an outdoor trash container. If possible, wear plastic gloves and be sure to wash your hands thoroughly afterward.

If a fluorescent bulb breaks on a rug or carpet, first remove all the materials you can without using a vacuum cleaner, then follow the steps above. Sticky tape, such as duct tape, can be used to pick up small pieces and powder. If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken. Then remove the vacuum bag or empty and wipe the canister. Put the bag or vacuum debris into two plastic bags and seal. Place both bags into an outdoor trash can.

Used CFLs should be disposed of properly. The EPA recommends taking advantage of local recycling options for CFLs. Contact your local municipal solid-waste agency or go to www.epa.gov/bulbrecycling for locations. — FRANK RAPLEY



At the TVA/TVARA picnic Sept. 7, TVA's Barbara Martocci (left) distributes compact fluorescent lightbulbs to retirees.

To change your address

Retirees who get pension checks from TVA should update their addresses with the following information if they move: Name, address, Social Security number (at least the last four digits) and signature. Mail it to Retirement Services, 400 W. Summit Hill Dr., Knoxville, TN 37902-1401.

Retirees who do not get pension checks from TVA but have TVA medical insurance need to update their address with the same information as above if they move and mail it to the TVA Service Center, 400 W. Summit Hill Dr., Knoxville, TN 37902-1401.

Forms for updating your information also are on www.tva.com under Retirees.

IN THE NEWS

TVA Board approves 2008 operating, capital budgets geared to strategic plan

Following the direction of the new TVA Strategic Plan, the TVA Board on Sept. 27 approved a 2008 budget that includes \$9.7 billion to cover total expenses and \$2 billion in capital spending. The capital budget includes \$1 billion in spending on new power plants needed to meet continued growth in the demand for electricity in the Tennessee Valley.

The board also directed TVA staff to work with distributors of TVA power to develop a single-digit rate increase proposal that would provide revenue during the 2008 fiscal year to cover operating expenses and capital expenditures. The board will consider the rate increase proposal later during the fiscal year, which began Oct. 1.

"In developing the budget, we followed guiding principles of the strategic plan, which include paying down existing debt before our assets are fully depreciated, using new debt to help finance new generation and holding growth in operating and maintenance costs to less than the growth in electricity sales," TVA President & Chief Executive Officer Tom Kilgore told the board at a meeting in Huntsville, Ala.

The budget includes a projected \$122 million in productivity improvements during the year to help offset inflation and to hold non-fuel operating and maintenance costs to almost the same level as 2007. The operating budget includes \$755 million to reduce existing debt and capital lease obligations, while the capital budget includes \$761 million of new debt to help

2008 budget at a glance

\$9.7 billion total expenses

\$2 billion capital expenses

Includes:

\$1 billion for new power plants

\$122 million in productivity improvements

\$755 million to reduce existing debt and capital lease obligations

\$22 million for phase 1 of energy efficiency and reduction in peak-power demand

finance new generation assets.

TVA expects fuel and purchased-power costs to increase in 2008, primarily because of higher coal prices and deferred power costs from 2007. TVA also anticipates the effects of the drought to linger into 2008, reducing hydro generation from normal levels.

Of the \$1 billion in capital spending for new generation, \$317 million is budgeted to begin construction of a second unit at TVA's Watts Bar Nuclear Plant. The capital budget also includes \$423 million for investment in additional gas-fired generation, \$190 million for transmission system upgrades and \$383 million for clean-air initiatives.

New gas-fired generation includes building a 600-megawatt combined cycle gas plant adja-

cent to TVA's existing Lagoon Creek peaking plant near Brownsville, Tenn., which was approved at the board meeting.

In addition to providing new generating capacity, the TVA Strategic Plan calls for expanded energy-efficiency initiatives. The 2008 budget includes \$22 million for the first phase of a renewed emphasis on energy efficiency and reduction in peak power demand.

Board approves Bellefonte license application

The TVA Board approved submitting an application to the Nuclear Regulatory Commission for a combined construction and operating license for two new nuclear units at TVA's Bellefonte site in Hollywood, Ala. Construction of the plant would require further board approval following the licensing process.

\$75 million TVARS contribution approved

At the Sept. 27 TVA Board meeting, the board approved a TVA contribution of \$75 million to the TVA Retirement System for fiscal year 2008.

The TVARS Board of Directors recommended the contribution.

TVARS remains fully funded. The system's assets were \$7.8 billion as of Aug. 31, 2007. This represents a return of 12.6 percent for the period ending on that date. Over the past 10 years, the system's assets have appreciated an average of 8 percent.



Fight the flu GET A FLU SHOT

A serious illness

Nobody likes being sick. An annual flu shot can greatly reduce your risk of getting the aches, fever and fatigue brought on by flu. Ask your doctor about flu vaccines soon.

An ounce of prevention

Antibiotics do nothing to treat the flu, a respiratory (breathing) illness. However, a vaccine can help prevent the infection. In general, adults and children in good health should get a flu shot to help them stay healthy.

According to the Centers for Disease Control, the following high-risk people should get a flu shot early in the flu season (which lasts October through May).

- People age 65 or older
- Children from 6 to 23 months old
- Women who will be three or more months pregnant during the flu season
- Adults or children with chronic health conditions
- People living in a nursing home or other chronic-care facility.

Employees and non-Medicare-eligible retirees covered under TVA's medical plans have a \$250 preventive-care benefit available that can be used for flu shots. For Medicare-eligible retirees, according to the publication *Medicare & You 2007* issued by the Centers for Medicare & Medicaid Services, flu shots are covered under Part B of Medicare once a flu season in the fall or winter.

Thanks to Blue Cross Blue Shield of Tennessee for assisting with this information. For more information, go to www.bcbst.com.

Step off for your health

TVARA walking program STEPS OFF Oct. 1

Fall into Step with TVARA, a special walking program commemorating the TVA Retirees Association's 40th Anniversary and focusing on retiree health, officially stepped off Oct. 1.

The program is presented by the TVARA Healthcare Advocacy Committee in partnership with AARP, with support from TVA and Blue Cross Blue Shield. During September, step counters were distributed to members and spouses at the annual TVA/TVARA picnic and at local TVARA chapters. Almost 500 participants have enrolled.

On Oct. 1, participants turned on their step counter (pedometer) and started walking. Participants should record their steps for 10 weeks, and turn in their results. Participants can walk alone or with friends. They also can use suggested imaginary routes throughout the Tennessee Valley to see how many Valley (and Florida) miles were covered. Use the step counter TVARA provided or use one from a sporting-goods store. Record the steps and turn in the results. Celebrations will be held in December at local chapters. For more details, visit www.tvara.org.



TVARA needs your bite of success — and your recipes could be published

Deadline to receive recipes is Nov. 1.

As part of the grand finale celebration of Fall into Step with the TVA Retirees Association, TVARA plans to create a healthy-recipes book filled with treasures from TVARA members. Send in your favorite healthy recipe or one for a favorite regional specialty that is not quite so healthy. Healthy suggestions to modify the "not-so-healthy" recipes will be incorporated. Send your recipe, your name and the TVARA chapter you represent by Nov. 1 to TVA Retirees Association, 400 W. Summit Hill Dr., Knoxville, TN 37902.



Honoring the TVA Retirees Association's contributions

The city of Paducah and McCracken County in Kentucky recently designated Sept. 11 as TVA Retirees Association Day in honor of TVARA's 40th anniversary. The joint proclamation recognized the 23,000 TVA retirees around the world and the association's multipurpose mission of advocacy, information and fellowship for retirees, as well as its advocacy for TVA and service to communities.

The Paducah TVARA chapter has about 350 members. In the past years, TVARA has donated thousands of dollars to local charities such as Martha's Vineyard, Paducah Cooperative Ministry, Haven of Hope and the United Fund. The proclamation recognized the local chapter for continuing to plan and implement new volunteer projects, including building ramps for people with disabilities and teaching water safety at local schools.

From left are Van Newberry, McCracken County judge executive; Ken Dickerson, vice president; Clint Horton, Chapter president; Glen Tankersley, secretary; Ken Schuppert, treasurer; and Bill Paxton, Paducah mayor.

BVI announces leadership changes

BVI, an organization of TVA retirees, has announced several changes, effective Oct. 1.

Mike Lamb will become president of BVI. He is currently BVI's chief financial officer.

Bob Steffy will become executive director. He is currently president.

Jim Russell will join the staff as business manager for BVI's Knoxville office.



From left, Bob Steffy, Jim Russell and Mike Lamb

"These changes will help us improve our ability to serve our two most important customers — retirees and TVA," Steffy says.

BVI was established in 1975 to provide volunteer support for TVA's involvement in the nation's bicentennial celebration. Today, BVI focuses on the following three initiatives:

- Providing workers to TVA to assist with short-term contract jobs
- Providing workers to the Federal Emergency Management Agency to assist with disaster-relief work
- Providing volunteers to TVA and other organizations to assist with a variety of worthwhile projects

To learn more about BVI, visit its Web site at www.MyBVI.org.

— KRISTEN DAVIS

BVI Distinguished Service Award

John Bynon Sr. and Lew Wallace were honored with BVI's second annual Distinguished Service Award at the banquet Sept. 6 in Huntsville. The award was established last year to recognize excellence in supporting BVI initiatives that enhance the quality of life in the Tennessee Valley. Marilyn Murphree, long-time BVI director of Volunteer Services, received the first award.

"It is only fitting on the TVA Retiree Association's 40th anniversary that we give the Distinguished Service Award to John Bynon and Lew Wallace," says BVI President Bob Steffy. "Both are respected by TVA and retirees. They deserve the respect."

Steffy says Wallace and Bynon have worked tirelessly for retirees and at the same time have been among the strongest advocates for TVA.

"They have been retired a combined 40 years and yet remain very active supporters of TVA and retirees. It is no mystery as to why they are admired."

Bynon and Wallace have held leadership positions in the TVA Retirees Association and have served a combined 26 years on the BVI, National Emergency Assistance, or NEA, and Retiree Resources Corp., or RRC, boards, with many years in a chairmanship role. Both are past Valley-wide TVARA presidents. Wallace served nine years on the TVA Retirement System Board, eight of those as chairman. Bynon headed the TVARA Health Insurance Committee.

"John and Lew helped make TVARA, the TVA Retirement System and BVI the strong organizations they are today," Steffy says. "Their accomplishments were as volunteers, with no pay. They care about TVA retirees and they are loved in return."



Lew Wallace (left) and John Bynon Sr. received the Distinguished Service Award at the BVI banquet Sept. 6.

Volunteer Awards

TVA retirees and their spouses contribute more than 3,000 days of volunteer service each year through BVI. The work of the dedicated BVI volunteers was recognized at the BVI banquet in Huntsville Sept. 6.

Volunteer Service Milestones

Certificates were presented to 25 people who have reached milestones in their volunteer service. This service takes a variety of forms, such as staffing TVA visitor centers, serving as TVA campground hosts or teaching water safety.

6,000 hours

Jack and Hazel Huckabee

4,000 hours

Billie Campbell

3,000 hours

Carlin and Marilyn Carpenter
Alene Howell
Ray and Jimmie Robinson

2,000 hours

Ken Coppage
W.C. English
Al and Marcia Richie
Jim and Betty Talley

1,000 hours

George and Sarah Bonneau
Lydia Kirchner
John and Jane Oglesby
Emmett Robinson
Gerry Reese
Ed and Joyce Sharp

500 hours

James and Judy Bedsole

Water Safety Volunteers

Volunteers were recognized for their work in teaching water safety to school children throughout the Tennessee Valley. This year alone, BVI volunteers provided

water-safety training to more than 30,000 children in Alabama, Mississippi, Kentucky and Tennessee. The efforts of the volunteers help keep children safe on the water.

Earl Blanks
Goldie Bone
Don and Clara Burgess
Bill and Darlene Campbell
Mike Clingan
Jim and Carol Daniel
Janet Darcy
David Dawson
Earl Lee and Almeda Frazier
Tony Giddy

Helen Gray
Tony and Betty Jessing
Neal Killen
Lydia Kirchner
Rosa Kirk
Doyle and Linda McDonald
Nancy Morris
Barbara Nelson
Tom and Loretta Parker
Gene and Grace Pickard
Tommie Plunk
Wes and Frances Porter
Dwayne Posey
Gerry Reese
William and Peggy Rouse
Glen and Delores Tankersley
Joel Weinbaum

Always ready to volunteer

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school children, staffed Live Well and visitor centers, proctored the TVA Dependent Scholarship essay program, worked at the Shoals Summer Fest and for the TVARA Cooperative Garden Program, passed out brochures for the TVA Police Lake Watch Program and trained thousands of school children in water safety.

"They are always willing to take on any project we have asked them to do," says BVI President Bob Steffy. "On one water-safety trip, they had to literally go out into a field, over rough, dusty roads, in their personal vehicle — a Cadillac — to get to a summer youth camp."

"Both are excellent ambassadors for TVA and BVI."

— BROOKS CLARK



Tom and Loretta Parker



Fun among friends

Retirees took part in a variety of activities at the TVA/TVARA annual retirees picnic Sept. 7 in Guntersville, Ala.

Left: With help from Donna Gray (center), TVARA 40th anniversary coordinator, Maurice Smith and Almeda Frazier were among the "stars" performing at the picnic.

Below left: On behalf of the TVA Retirees Association, Ron Loving accepts a 40-year service award from TVA Retirement System Board Chair Gretchen Thal.

Below: TVA's Becky Thomason hands out bags with items from Blue Cross Blue Shield, Medco, Delta Dental and EyeMed.

