

Michigan South Central Power Agency Presents:

The Spotlight



August 2014:

- * Employee Spotlight: Carl Sykes
- * Service Awards & Birthdays
- * Member Cities & Villages Events
- * Living Right: Get a move on!
- * Employee Update



Last month, we had a group of visitors, including Director Dan Wyant, from the Michigan Department of Environmental Quality (MDEQ) on site to tour our FTF facility. They expressed their appreciation for all of the cooperation and innovation that they have witnessed at our facility over the past many years, a real tribute to the culture of our organization and the efforts of all of our employees both past and present. In addition to discussing the tire fractionation process, we had the opportunity to review our emission controls and the other resources that MSCPA and our members are developing. I believe that they were impressed with our commitment to the environment and the diversity of our resources, including not only coal but also hydro, natural gas, and our plans for feeding CO2 to the greenhouse in Coldwater and perhaps others in the near future. It is the total package that sets us apart from many, and will serve our members well into the future.

It takes a lot to make all of this happen. On any given day, one can see a parade of traffic in and out of our Endicott Generating Station. Large trucks delivering coal, limestone and tires and removing gypsum, ash and empty box trailers. Delivery trucks with needed parts and supplies, and vehicles bringing our 68 employees to and from work. Inside and outside the plant, everyone attends to their duties in a safe and efficient manner. It really is quite impressive and makes me very proud to be a part of this organization. Thanks to all that make it happen, and enjoy the rest of your summer!

A handwritten signature in cursive script that reads "Glen White".

Glen White, General Manager

Member Cities and Villages Events

August 3-10, Branch County Fair in Coldwater <http://www.branchcountyfair.org/>

August 7, Summer String Festival 7:00 PM at Davis Middle School in Hillsdale

August 8-9, 25th Annual Fiddlers Convention at Hillsdale County Fairgrounds <http://michiganfiddlers.com/?q=node/16>

August 10-16, Calhoun County Fair in Marshall <http://www.calhouncountyfair.org/>

August 23, Oaklawn Hospital 3rd Annual Family Health and Fitness Day at Calhoun County Fairgrounds – Free for all ages 10 a.m. - 2 p.m. Inflatables, Bike Rodeo, Healthy Food Samples. Rain or Shine! Screenings available: Blood pressure, Height, Weight, Vision, Hearing, Balance, Glucose, Body Fat, Cholesterol, Heart Rate, Oxygen levels, Foot checks, Immunizations

Tune into The History Channel to watch Marshall's own Dark Horse Brewery reality show "Dark Horse Nation" <http://www.history.com/shows/dark-horse-nation>

August birthdays

Service awards

Scott Balcom 26 years

Jerry Schultz 8 years

Robert Russell

Matt Paletis

Corey Gamble

Josh Dow

Mikeal Wagner

Tom Shiery

Matt Burk

Keith Cooke

Get a move on!

At the end of your workday, you may feel exhausted and want to relax. You might want to think twice about kicking your feet up, however.

Most people will spend more than half of their waking hours inactive. In particular, individuals might spend a long time sitting either at work, in the car or tuned into an electronic device. Especially if certain daily activities require you to sit for long periods of time, spend some time moving whenever you can to enjoy the health benefits it brings.

Sedentary behavior has been linked to a shorter lifespan and a wide range of medical problems. Experts say even a substantial amount of exercise may not protect you from the potentially adverse effects of sitting for prolonged periods of time, so it's best to break up sedentary time with short bouts of activity. Try getting up from your desk several times a day; research shows – it is associated with good health and a smaller waist.

Try to build more movement into your routine so you spend less time sitting. You might even test how many steps you take each day by wearing a pedometer (10,000 is a recommended amount).

By the numbers:

Scientists estimate that Americans ages 12 and up spend most of their time – about 8-10 hours a day – sitting and doing things that require little energy. Even a low level of physical activity – equivalent to about 10 minutes a day of walking – was associated with almost 2 years in life expectancy.

Give your routine a boost! Get started with these simple ideas:

Instead of using the elevator, take the stairs

Instead of sitting on your desk chair, use a balance ball or a standing workstation

Instead of sending an email, get up and talk to your coworkers

Instead of parking in the spot closest to the door, park farthest away from the entrance

“Living Right,” 2014 J.J. Keller & Associates, Inc., Neenah, WI, USA

Employee Spotlight: Carl Sykes



Carl Sykes was a Symbiotic Temporary Employee for a little over 2 years, before he was hired full time at MSCPA in February 2014 as an FTF Operator. His job responsibilities include: operate and control the FTF system; regulate and control flow, pressure, temperature, vacuums, speed, position, level, etc. of silos, bins, gases, air compressors; weigh belt feeders, by-passes, waste product tanks; record hourly readings; maintain trailer inventory and nitrogen system; schedule recycling container pickup and work in other classifications for training and/or fill in as required. “I love that my job is so fascinating. It is not being done anywhere else.” he said.

Carl lives in Litchfield with his wife of 23 years, Cheryl. Carl and Cheryl have two children: Steven (age, 20) who attends University of Michigan majoring in Psychology and is a member of the track team and Jessica (age, 18) who is enrolled in Jackson College and plans to major in Elementary Education. Outside of work he enjoys camping, deer hunting and bicycling.

Employee Update

Two new employees started in the month of July. Please welcome the following: Corey Gamble, FTF Attendant; William Rankin-Whitt, FTF Attendant.

Congratulations to Tom Shiery and Andy Sines on their advancements! Tom was awarded the position of Instrument Technician and Andy Sines was awarded the position of Plant Operator.

The Spotlight is a monthly newsletter for the Michigan South Central Power Agency. Articles may be printed in whole or part without permission. If you wish to share any news or comments please contact Chrissy Van Kampen at vankampenc@mscpa.net

720 Herring Road Litchfield MI 49252

Phone: (517) 542-2346 Fax: (517) 542-3049