

Michigan South Central Power Agency Presents:

# The Spotlight



December 2013:

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- \*Service Awards & Birthdays
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It's the Holiday season, and with only one month left in 2013 another year has flown by. As everyone already knows, there has been a great deal of work done during the past year and I'm sure we are all looking forward to getting back to a more "normal" operation.

The end of each year is always a great time to look back at accomplishments, and rev up the plans for the next year, not only from a company perspective, but also on a personal level as well. Has anyone started their New Year resolution list yet?

As far as the Agency goes, the major item during the past year surrounded the turbine outage. The official start date was August 31, where at hour ending 0500 Endicott came off-line. After a few start up issues, 84 days later we finally got back to continuous operation. It was a massive effort by all, and thanks to everyone for all of your hard, and safe, performance. There were many other areas of the plant addressed, basically everything from the coal pile through the stack, with a lot of FTF enhancements as well. It takes a tremendous amount of preparation, work and effort, but these things are necessary to keep Endicott available as a reliable resource for our members. Great job everyone!

Even though at the time of this writing we haven't enjoyed our Thanksgiving turkey yet, I want to wish everyone a Merry Christmas!

Enjoy the season, help those that you can, be safe, and let's get ready for 2014!

Glen White, General Manager

## Service awards

Milo Cekander 10 years

Chris McArthur 15 years

## December birthday's

Marty Beebe

Steve Flowers

Roger Winchell

## Member Cities and Villages Events

The Clinton High School football team (13-0) will head to its first state final in school history this week against Ithaca. The teams will square off at 4:30 p.m. on November 29 in a Division 6 showdown at Ford Field. If you are able to make the trip, it should be a really great game to watch! The public is invited to come support and cheer on the Clinton football team at Clinton High School at 1pm as the team receives a police and fire truck escort out of town departing to Ford Field. Go Redskins!

The 49th Annual Christmas Parade will kick off in downtown Marshall on December 2 at 7:00 PM. The Great Escape Stage Company will perform the comedy "Every Christmas Story Ever Told" December 5-8 and 14-17. Be entertained by carolers, enjoy hot cider and other refreshments while shopping Retail Open House in downtown Marshall December 6 from 6-9 PM. Franke Center for the Arts will have a special screening of "A Christmas Story" December 13 at 7:00 PM; admission is \$5 for adults, children under age 12 are free.

Downtown Hillsdale hosts the 6th Annual Golden Sleigh Scavenger Hunt on December 7 from 10:00 AM until 4:00 PM, the hunt begins at Gold Star Tax Services; contact Nancy Bumpus at 517-398-1678 for further information. The Light Up Hillsdale Parade will travel through downtown Hillsdale on December 7 at 6:30 PM; Santa will listen to Christmas wish lists in the Jilly Beans Secret Garden following the parade. Join Will Carleton Poorhouse for Christmas treats and entertainment (free admission); the General Store has crafts, home baked pies, cookies and candies available for purchase. Hours for the Poorhouse Christmas are: Saturday December 7 10:00 AM - 7:00 PM, Sunday December 8 1:00 PM - 5:00 PM. Santa will visit Sunday from 2:00 PM - 4:00 PM and buggy rides will be available both days from 1:00 p.m. to 4:00 p.m. (weather permitting).

Visit with Santa aboard the Little River Railroad in Coldwater for a one and a half hour ride taking in the winter scenary on December 7-8 and 14-15 at 2:00 PM! Enjoy warm cookies and hot cocoa in the Depot as you wait for the train (please arrive 30 minutes before train departs). Visit [www.littleriverrailroad.com](http://www.littleriverrailroad.com) or call for reservations: (517) 227-5488. The Hometown Holiday's and Parade will take place in downtown Coldwater from 10:00 AM until 2:00 PM on December 7.

Join Santa for breakfast at the Sherwood Masonic Lodge on December 7 from 9-11 AM. Each family that registers in advance will receive one free 8x10 photo of their child/ children with Santa and a goodie bag. To register, please call the Sherwood Branch Library at 517-741-7976. The Society for Historic Preservation will host a Christmas Cheer and Elegance Tea on December 14 at 2:00 PM; please call Beth at 517-741-3135 or Dianne Parkison at 517-741-5208, the cost is \$10 per person.

# 5-Minute Stress Busters

Think you do not have time to relax? Try unwinding with the techniques below, which only take a few minutes:

**Breathe deeply:** Sit up straight and close your eyes. Place one hand on your stomach. Feel your stomach rise as you slowly breathe in through your nose for a count of three. Hold your breath and count to three again. Breathe out through your mouth while counting to three. Repeat several times.

**Get physical:** Take a brief activity break. Go up and down the stairs a few times, or take a quick walk.

**Shrug your shoulders:** Release tension by lifting and lowering your shoulders. Sit with your arms by your sides, lift your shoulders and hold for five seconds, and lower them a little further than usual. Hold the stretch for five seconds, and then repeat.

**Use your imagination:** Sit comfortably, close your eyes, and imagine a pleasant scene. Think about details, such as the smell of pine trees or the sounds of the ocean. For a few moments, imagine that you are there.

**Be positive:** Take a minute to list the things in life for which you are grateful. Think about what makes you smile.

**Share a laugh:** Laughter stimulates circulation, releases feel-good endorphins, and lessens anxiety. When something strikes you as funny, share it with a coworker and you will both feel better.

“Living Right,” 2013 J.J. Keller & Associates, Inc., Neenah, WI, USA

## What is your favorite Christmas Movie?

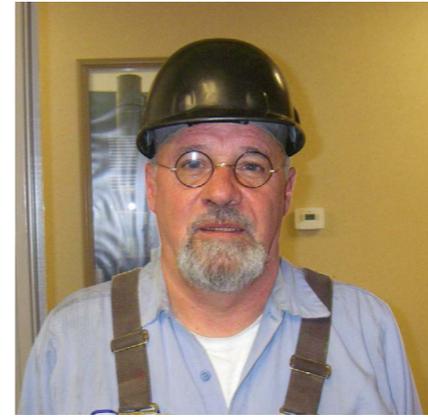
“National Lampoon’s Christmas Vacation” **Chrissy Van Kampen and Mike Sprow**

“A Christmas Story” - **Glen White and Craig Figueroa**

“White Christmas with Bing Crosby” - **Steve Flowers**

“The Grinch with Jim Carrey” - **Dave Sykes**

# Employee Spotlight: Erroll Pressler



Erroll Pressler has been MSCPA’s Custodian since 1999. “Everyone is nice to work with” he said. Erroll’s job responsibilities include: sweeping, mopping, vacuuming and polishing floors; dusting and washing walls, windows and woodwork; cleaning restrooms, locker rooms, shower rooms, lunch rooms and plant offices.

Erroll and Pat (his wife of 21 years) live in Hillsdale with their newly adopted cat (Peanut). Erroll has two daughters (Racheal and Heather), a step-daughter (Christy), a step-son (Eric), four

step grandchildren and two step great-grandchildren. Outside of work, he enjoys working in the yard and taking long walks in the country. In his younger days, he was a percussionist and enjoyed listening to big band music. Erroll also enjoys giving his co-workers fun nicknames. Since he has known Harold for over 30 years & it was the only way to get Erroll to be a part of the newsletter, Harold said I could share the nickname Erroll gave him (Sweet Pea).

## Erroll’s Favorites:

Food - Grilled Steak or Pork Chops

Movie: O Brother, Where Art Thou?

Quote: “A nickel is a nickel.” Those words were spoken by a former boss who would pick up loose change, even though he was a millionaire.

# Litchfield Veterans Memorial

The Litchfield Veterans Memorial Committee is finalizing plans for a new memorial to honor local veterans who have given so much to keep our country safe. The memorial will recognize all six branches of service and will be located at Riblet Park on M-99 and Fremont Street. You can donate in one of two ways: honor a friend or family member with their name engraved on a brick and placed at the memorial site or you can make a straight donation (tax deductible). If you would like more information, Chrissy has forms in her office or you may call Diane Smith at 517-542-3222.

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](mailto:vankampenc@mscpa.net)

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