

Michigan South Central Power Agency Presents:

The Spotlight



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Welcome to 2015 and the beginning of a new calendar year. Somehow, the start of a new period always provides us with the opportunity to reflect on the past and set new goals for the future.

For those of us in the electric industry, looking back at 2014 the most talked about event was the polar vortex that seemed to last the entire winter. The recollection of the extreme cold temperatures and volumes of snow either provided a source of irritation or happiness, depending on your outlook. From the utility side, I believe we were given the opportunity to have a glimpse into the future. The prolonged cold exposed several weaknesses in our country's electric supply system. Stresses in the natural gas pipeline system caused some severe price spikes, especially for those in the northeastern states. Coal stockpile levels were an issue, and continue to be for some utilities due to insufficient rail transportation. I am not predicting continued cold weather, but as more and more coal plants are retired, I do think the natural gas transportation system will react much as it did last winter, and the value of a diverse generation mix will become increasingly important.

As we look ahead, putting the finishing touches on our FTF system and getting the new Project 4 engines commissioned in Coldwater will be the operational highlights. To accomplish this, the Agency now has 71 employees, a third more than we had last year at this time. It is these people that will allow us to continue to be successful, and provide the value that our members expect, whatever the weather.

Thanks to all for a great 2014, and I wish everyone a Safe and Happy New Year.

A handwritten signature in black ink that reads "Glen White". The signature is written in a cursive, flowing style.

Glen White, General Manager

Member Cities and Villages Events

January 8: American Museum of Magic Talk & Tour in Marshall
<http://historicmarshall.org/events/18>

January 24: Ice Festival from 10:00 AM until 4:00 PM in Downtown Coldwater

Service awards

Dave Crothers 14 years
Chrissy VanKampen 13 years
Erica Burger 6 years
Dawn Newell 2 years

January birthdays

Roger Rathbun
John Sanger
Andy Sines
Scott Thompson

Employee Update

Congratulations to MSCPA's newest employees! David Jones and Trent Powers have both been hired as FTF Attendants.

Employee Spotlight: Douglas Mapes

Douglas Mapes joined MSCPA as an FTF Attendant in April 2014. His job responsibilities include: adjust dewatering screw, open and close valves, start and stop ash handling system; assist operator in various control phases; check lubrication of all equipment; check bearings, motors, fans, pumps, prime pumps; adjust pump glands, valve packing, water seal pressures and flows, cooling water supplies and flows; place air removal equipment into and out of service; remove ash; handle reject tires; maintain records; control and maintain the unloading, supplying and moving of tires, ash and wire; operate tire equipment, conveyor belts, magnetic iron removal equipment.



Douglas lives in Hillsdale with his wife Kayla and two daughters (Kristyn, age 6 and Jordyn, age 4). Outside of work he enjoys deer and rabbit hunting, 4-wheeling around Silver Lake, MI, playing basketball and spending time with family and friends. "I really like my work schedule and the people I work with" he said.

Douglas's TV Show: ESPN
Favorites: Sport: Basketball (Cleveland Cavaliers and MSU Spartans)
Musician: Eminem
Movie: Coach Carter

No More Excuses: Breaking Down 8 Workout Obstacles

"Whether you think you can, or you think you can't, you're right" – Henry Ford

When it comes to exercise, we all probably have excuses on why we can't do it. Here is a list of common "I can't" workout excuses and how you can overcome them.

Obstacle: "I don't have time"
Solution: Plan time for exercise by getting up 30 minutes earlier or going for a walk at lunchtime or after work. The fact is, we all have 24 hours a day to do everything we need to do. It comes down to prioritizing – for example, choose exercise over TV.

Obstacle: "I'm tired"
Solution: Exercise can actually give you more energy because it increases circulation. Work out when you feel more awake – morning or afternoon. You'll feel good afterward.

Obstacle: "I'll get hurt"
Solution: Talk to a health professional about appropriate exercise for your age, fitness level, and health status. A personal trainer can show you how to exercise appropriately.

Obstacle: "I'm not coordinated enough"
Solution: Choose activities you are comfortable with, such as walking, jogging or swimming.

Obstacle: "I travel for work, it's impossible to exercise"
Solution: Use hotel swimming pools and exercise facilities. Go for a walk after your workday.

Obstacle: "I have to care for my children"
Solution: Include your children in family bike rides or walks. Take turns watching the kids with your spouse or friend.

Obstacle: "I don't enjoy exercise"
Solution: Find an activity you enjoy doing where exercise is a by-product (biking, swimming, tennis, cross-country skiing).

Obstacle: "I will start tomorrow"
Solution: Tomorrow never comes. Buddy-up with a friend, coworker, or your spouse and hold each other accountable. The sooner you start, the more quickly you will see results.

"Living Right," 2015 J.J. Keller & Associates, Inc., Neenah, WI, USA

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

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