

*Michigan South Central Power Agency Presents:*

# *The* Spotlight



September 2014:

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- \* Service Awards & Birthdays
- \* Member Cities & Villages Events
- \* Safety Corner
- \* Employee Update



As I walked through the plant this week, I opened the maintenance shop door and watched all of the activity going on and could not help but notice a couple of things. First, it was very apparent that safety was the top priority on jobs being done and second was all of the new faces that were working or helping on those jobs. This safety mentality does not just happen. Since 2013 MSCPA has hired 27 new employees, that is roughly 40% of the work force! The focus is on safety and that is evident throughout the Operations, FTF and Maintenance departments and shows that our seasoned employees are teaching and stressing the importance of safety on the job, and I would like to commend everyone for that.

Even with this high level of safety awareness, there is no complacency as MSCPA employees are constantly coming up with new safety ideas. These ideas are both important and necessary to make our safety culture even stronger. A strong safety culture will help insure the ultimate goal of everyone at MSCPA and that is for everyone to return home from work to spend time with family and friends.

Michael Sprow  
Director of Energy and Safety Compliance

## Service awards

Mike Sprow 29 years  
Chris Rose 17 years  
Matt Metz 7 years  
Travis Bearden 1 year

## September birthdays

Craig Figueroa  
Leonard Patrick  
Jerry Schultz  
Chris McArthur  
Micheal Binkley  
Dawn Newell

## Employee Update

Congratulations to Kevin Welton, Sean Shiery and Scott Metz on advancements! Kevin has officially assumed the duties of Shift Foreman and Sean Shiery was awarded the position of Plant Attendant. I mistakenly left off Scott Metz's advancement to Plant Attendant back in July.

Dave Eichler's Retirement Party will take place at Hillsdale Elks on September 6 from 4-6PM. Please stop in and wish him well on this new adventure!

## Member Cities and Villages Events

September 6: Brooks Field's Fly and Cycle In <http://www.marshallmi.org/events/505>

September 6: Marshall's Historic Home Tour [www.marshallhistoricalsociety.org](http://www.marshallhistoricalsociety.org)

September 6: Marshall Civil War Ball and Social Event 7PM-10PM in front of Honolulu House

September 13 through October 31: M60 Cornmaze & Pumpkin Patch [www.m60cornmaze.com](http://www.m60cornmaze.com)

September 20: Applefest & Craft Show Downtown Coldwater 9AM-4PM

September 20: Tractor Drive Benefit for Cancer Research 10:00 AM Calhoun County Fairgrounds

September 21-27: Hillsdale County Fair <http://www.hillsdalecountyfair.org/>

## Employee Spotlight: Milo Cekander



Milo Cekander began his career at MSCPA in December 2003 and since then has advanced to Coal Handler, Plant Attendant and currently Plant Operator. His job responsibilities include: constantly maintain, operate and synchronize boiler and turbine controls, gauges, indicators, etc.; monitor power purchases and sales. "I love the pressure of my job, especially start ups. I have also been lucky enough to meet great friends here." he said.

Milo lives in Litchfield with his son, Bristen (age 6). Outside of work he enjoys spending as much time as possible with his son, golfing, playing softball, watching comedies and having drinks with his friends.

## Household Waste and Scrap Tire Collection

The City of Coldwater will have a household waste collection and scrap tire pickup on Saturday October 4, 9AM to 2PM at Waterworks Park 180 S. Sprague Street.

Please visit the below website for acceptable items and a map of the location:

[http://www.coldwater.org/Departments/Engineering\\_Household\\_Waste\\_Collection.html](http://www.coldwater.org/Departments/Engineering_Household_Waste_Collection.html)

## Practice proactive health through screenings

It is wise for men and women of all ages to take charge of their health. Health screenings are one way to do this. Health care providers do not have a crystal ball to see into the future of your health, but proper screenings can help catch a disease in its early stages (sometimes before you have any symptoms), when chances for successful treatment are greatest. Ask your doctor about the risks and benefits of screenings for:

**Colon Cancer** – Screening typically starts around age 50; if you have a family history of colorectal cancer, your doctor may decide you need to be tested earlier.

**Depression** – Your emotional health is as important as your physical health. Talk to your doctor if you are feeling down, sad, hopeless, or are losing interest in things you once enjoyed.

**Diabetes** – Getting screened for diabetes (high blood sugar) is especially important if you have high blood pressure. Diabetes can cause problems with your heart, brain, eyes, feet, kidneys, and nerves.

**High Cholesterol** – If you are age 35 or older, you should have your cholesterol checked. You may need it checked sooner if you smoke, are obese, have diabetes or high blood pressure.

**Breast and cervical cancers (women)** – It is important to discuss whether you need a mammogram with your doctor. They typically start at age 40, but may vary depending on certain factors. You should ask about testing for cervical cancer; the frequency can depend on your age and other risk factors.

**Prostate cancer (men)** – Discuss the risks and benefits of this test with your doctor. On average the discussion should start around age 50, but may be sooner if you are at high risk.

While doctors are not clairvoyants, they are able to test for illnesses early – most likely making treatment easier and reducing the impact of the illness.

“Living Right,” 2014 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](mailto:vankampenc@mscpa.net)

720 Herring Road Litchfield MI 49252

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