

THE MILE MARKER

MARCH 25, 2016

FROM THE MANAGER'S DESK

It is hard to believe that we are a quarter of the way through 2016 already. We are grateful that the winter was, for the most part, fairly mild. We did get a good taste of snow at its finest at the end of February and early March; but we are in Michigan, right? We had five winter temporary employees who, in the absence of snow and ice, assisted our crews with general maintenance items. I would like to thank each of them for their dedication and contribution to being part of the SCRC Team. Thank you to our 2015-2016 winter temporary employees: David Andres, Rick Irish, Anthony Jurek, Brandon Pierce & Ken Wendling, Jr.

The Saginaw County Road Commission has made a major policy change this year to help create opportunity for our 27 townships in order to make improvements to their local road systems. At the February 9, 2016 Board Meeting, the Board of Road Commissioners voted to amend and simplify Policy #1.16 – Township Participation in Construction and Maintenance Work. This policy used to be very confusing and complex—for both the township and the SCRC staff. There were different payment percentage splits for different types of work and only certain work types allowed the townships to use their allocated funds that the Road Commission budgets and sets aside each year. Now this amended policy allows a 50/50 split across the board and allocations may be used until they are depleted. The Road Commission also increased the amount of money allocated to each township in order to help encourage maintenance work on the local road

system. We feel this is a win-win for both the townships and the Road Commission.

We are already focused and moving forward on our 2016 construction season. We have a bridge replacement project that has started during the winter months. Gary Rd. over the Shiawassee River in St. Charles Twp./Chesaning Twp. began in January and will go through July, 2016. This location is crucial to our infrastructure.

We are starting to gear up for our spring and summer maintenance season. The Maintenance Department is planning and preparing for our brine, gravel and chip seal season. Routes are being put together and supply orders finalized. The seamless transition from season to season simply amazes me. Everyone steps up to see that their job is taken care of. This type of teamwork makes the transition smooth and seem almost effortless.

Now with that being said, I know a lot of work and planning goes into making things look so easy. That brings me back to the pride I have in the Saginaw County Road Commission Team. You are top-notch and deserve a pat on the back for all your hard work.

Great Job Team!

Dennis



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SPECIAL POINTS OF INTEREST:

- Follow us on Facebook to find out what our crews are doing and where they are working each day.
- Winter Safety Presentation at North Elementary School



2016 Board of Road Commissioners

The Saginaw County Road Commission has chosen new leadership for the 2016 calendar year.



Richard Crannell, a Saginaw Township resident and former engineering company executive, was chosen to serve as the new chairman.

Crannell is currently serving a term set to expire in December 2020. He is a professional engineer with 40 years of experience in the industry and founded R.C. Engineering in Saginaw.



The Road Commission's newest member, Deb Kestner, was chosen by her fellow commissioners as the new vice-chairwoman.

Kestner, appointed to the seat by the Saginaw County Board of Commissioners in December 2014, is also serving a term set to expire in December 2020.

Kestner was also recently elected to serve as vice-president of the Association of Southern Michigan Road Commissions (ASMRC).

In addition to Kestner and Crannell, the five-member board also includes Commissioners Todd Hare, John Sangster and Ronald Sholtz.

The hazards of melting snow

Winters can have a lot of snow, but in our mid-state region, the thermometer can hit 45° in February or March. Although March can be the snowiest month of the year, it also marks the official start to spring. It brings the possibility of a few warm days. But it also means melting snow which produces muddy roads and soggy yards in the Saginaw Valley.

Unfortunately, the spring melt can wreak as much havoc on our local rivers, ponds and the Saginaw Bay as it does in our yards. That dirty snow which has sat for the last three or four months accumulating dust, trash, and other debris, will melt and carry its dirt and garbage down the street, gutters, ditches and into our local waterways.

The sheer volume of stormwater created by melting snow can often overwhelm local drainage systems. In a natural system, deep-rooted plants and tree roots absorb the melting snow. Sometimes the water collects in pockets in the land, creating vernal (seasonal) pools that act as breeding grounds for frogs, salamanders and insects such as dragonflies and damselflies. In our modern society, however, driveways, houses and roads often disrupt these natural systems. These hard surfaces cannot absorb the stormwater runoff and instead channel it to storm drains, culverts and local ponds. The result is flooding, stream bank erosion, and dirty water.

Increase the ability of your yard to absorb water by aerating your lawn, planting trees and deep-rooted plants, and building raingardens. A mature tree canopy will capture 1600 gallons of water per year, while a 100 sq. ft. raingarden will absorb another 9000 gallons.

MAINTENANCE UPDATE

Well, the forecasters predicted a mild or warmer winter with the El Nino starting strong and to date they've been pretty accurate for most of the winter season. We were able to complete many other maintenance activities in between the many snow & ice events that developed into just enough of a road issue that we had to deploy our snow removal team. A lot of tree removal, setting ditches back, storm drain replacement & large cross culvert replacements were completed. All of these activities were completed on two main road projects—one on Townline Road in District 2 (the eastern portion of the County) and one on Pretzer Road in District 4 (the northwestern portion of the County), as well as other locations throughout the County.

Another large culvert was placed on Gleaner Road in Thomas Twp. and one is scheduled for replacement on Center Road south of Michigan in Saginaw Twp. Multiple large tree removal & tree trimming projects were continuous County-wide and the brush hogs were running steady in District 3 (the southwest portion of the County).

In the last few weeks of February, two major storms developed to end the winter season. The first consisted of up to 8" of heavy wet snow. All the conditions were right to develop into a very tough storm to fight and to clean up in a timely manner. The air temp, road temp, wetness of the snow, continuous accumulation that was 1.5" per hour, high winds, instant ice or snow packing ability made for very tough conditions to battle. The second storm was a lighter snow but exceeded the 12" mark in many areas. Once the storm ended cleanup was much easier to complete. These types of larger-accumulating, end of the season storms are expected from us Michiganders.

Equipment break downs are a given; it's just part of doing business in our type of work. Break downs were identified and repaired quickly by our mechanics. I would like to applaud our entire TEAM from top to bottom for going above and beyond and recognizing their dedication and service is very important and appreciated in keeping our road system safe and passable for all our customers.

We are all aware that our maintenance employee head count numbers are not sufficient and haven't been for a number of years. Our lane miles responsibility and the many work activities that we provide clearly show we have been understaffed. We also understand that funding was the reason. This year we were able to add 5 temporary employees that made a huge impact in addressing our head count needs. Using the temporary employee option does a number of things for both the County and employee. This process will allow the Saginaw County Road Commission to be prepared with potential qualified, trained employees when added permanent positions are approved. We also understand that we have lost many qualified employees, without filling in behind, in recent

years and many more of our experienced veterans are coming close to their desired completions of their working careers here at the road commission. We have support to continue this process and to use this time period to train and evaluate these employees. This process helps us fill our head count needs, while working towards steadily increasing our permanent head count to an agreeable number.

Equipment purchases have either been completed or are being finalized. This year we have budgeted for the following:

- * 1—DVS (Dump V-Box Spreader) Tandem Truck complete with a reversible front plow, belly blade & liquid tanks.
- * 1—Elgin Mechanical Sweeper
- * 1—Road Patcher
- * 2—Engineering Pick-Ups
- * 2—1 Ton 4X4 Pick-Ups
- * 2—¾ Ton 4X4 Pick-Ups
- * We also have a budgeted line item to complete some blasting and painting of some of our remaining equipment.

A five year or multiple year maintenance plan is being developed for all our facilities. Many of our Sign Shop issues have been addressed recently but all of our other facilities are in need of many repairs. Generators are in the process of being set up at the Saginaw Garage, Administration Building and we are working on getting the Hemlock, Chesaning & Sign Shop set up for a quick hook up should the need arise. Becoming more energy efficient is our goal. Added equipment storage is needed and we are reviewing all options towards fulfilling this need.

District meeting have been completed and project recommendation have been discussed with each township supervisor. We continue to communicate with each township and assist in any way possible to fulfill their needs.

Thanks to the SCRC TEAM for a productive and safe winter and your continuous dedication to our customers.

Dan Medina, Director of Maintenance

SAFETY CORNER

The permanent members of the Safety Committee for the Saginaw County Road Commission are Tim Brown, Rob Hudec, Benton Wenzel Jr., Mike Wysko, Mike Ecker & Scott Hare.

I want to take this time to congratulate all of the employees of the Saginaw County Road Commission on their safe work practices. 2015 showed our lowest number of lost days due to work related injuries, with a total of 88 days. This is a fantastic number and the lowest I have seen since being involved with the Safety Department here at the Saginaw County Road Commission. Hats off to all of you.

On Tuesday, February 2nd the Saginaw County Road Commission took another step toward the safety of our employees when we ordered 6 AED's (Automatic External Defibrillators) along with 6 heated carrying cases. These units will be placed into each of the Foremen trucks, the Director of Maintenance truck and the Safety Officer's trucks. I hope that these units are never needed, but I feel relieved that these units are available in case the need arises.

October 19, 2016 will be the date for our annual Safety Training Day. At this training, we are pleased that MMR will be providing First Aid, CPR & AED training for our organization. Due to changes in the regulations governing these items training, the Saginaw County Road Commission will be shut down for the entire day, as all employees will be going through this training. Our crews will be available to respond to emergencies if contacted by Saginaw County Central Dispatch.

If you have any item of concern, please contact any one of the members of the safety committee. You can also contact me directly—my office phone is (989) 399-3754, my cell phone is (989) 737-3226 and my radio call number is 704. All items brought to the safety committee will be kept in strict confidence.

Safety is the responsibility of each and every one of us. We need to look out for each other, and point out unsafe practices to our fellow employees, so that we may all go home safe to be with our families.

Remember: Safety is as simple as ABC...Always Be Careful

Scott Hare, Safety Officer

TECHNICAL CORNER

Stop. Think. Connect. Cyber Tips

The majority of cybercriminals do not discriminate; they target vulnerable computer systems regardless of whether they are part of a government agency, Fortune 500 company, small business, or belong to a home user. However, there are steps you can take to minimize your chances of an incident:

- Set strong passwords, change them regularly, and don't share them with anyone.
- Do not include your name, your kids' or pets' names, or other well-known information about yourself in your password;
- Avoid using common words in your passwords or passphrases. Instead, break up words with numbers and punctuation marks or symbols. For example, @ can replace the letter "A" and an exclamation point (!) can replace the letters "I" and "L"; and
- Use a combination of upper and lower case letters.
- Keep your operating system, browser, and other critical software optimized by installing updates.
- Maintain an open dialogue with your friends, family, colleagues and community about Internet safety.
- Use privacy settings and limit the amount of personal information you post online.
- Be cautious about offers online – if it sounds too good to be true, it probably is.

UPCOMING MAINTENANCE SCHEDULE

Estimated Dates

APRIL, 2016						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
		Bd. Mtg.				
17	18	19	20	21	22	23
24	25	26	27	28	29	30
		Bd. Mtg.				
MAY, 2016						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Mowing Pvmt. Markings Start 4-10's	3	4	8	6 Office Closed	7
8	9	10	11	12	13 Office Closed	14
		Bd. Mtg.				
15	16	17	18	19	20 Office Closed	21
22	23	24	25	26	27 Office Closed	28
		Bd. Mtg.				
29	30 HOLIDAY OFFICE CLOSED	31				
JUNE, 2016						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Office Closed	4
5	6	7	8	9	10 Office Closed	11
	Chip Seal					
12	13	14	15	16	17 Office Closed	18
		Bd. Mtg.				
19	20	21	22	23	24 Office Closed	25
26	27	28	29	30		
		Bd. Mtg.				

Time for Trees

Winter doldrums got you down? Make plans to plant a tree (or ten!) in your yard come spring to improve your local habitat. Trees are both beautiful and functional. They shade your house from scorching sun in the summer and block it from icy winds in the winter. A mature tree canopy can intercept 1600 gallons of rainwater per year; this is stormwater that may otherwise run off of roofs and streets, causing pollution to local water bodies. Trees improve air quality by catching dust in the air and provide valuable habitat for birds and other wildlife.

When selecting trees for your yard, it is best to plant a variety of natives to prevent the spread of disease. By interspersing conifers and deciduous trees, you will ensure that your landscape is verdant throughout the year. Choose a fruiting tree, such as a chokecherry or plum, to attract birds and maybe even give yourself a canning project come fall.

Remember; for safety sake do not plant trees near the road right of way, keep at least sixty feet from the center of the road. Trees within the road right of way may be removed for safety of those traveling our area roads.

You can find trees at your local nursery or take part in an Arbor Day tree sale through your city or local Soil and Water Conservation District.

Russ Beaubien, SASWA

Winter Safety Presentation

On February 1, 2016, Dennis Borchard, Mike Ecker & Jennifer Brieske visited Birch Run Area Schools - North Elementary School to give a winter safety presentation to the Head Start Program. The event began with showing a winter safety video to approximately 80 students. The video was followed with a question & answer section before the kids went outside to see a snow plow. The kids got to see how big the truck is and how the blades and the salt spreader works. We always hear comments on how big the tires are! They are normally taller than the majority of the kids. The students had huge smiles on their faces when they were able to stand inside the plow to get their picture taken.

These visits are very important because they give us the opportunity to educate the children on the Road Commission, its equipment and how to stay safe. It also puts things in perspective as to how big the equipment is and its dangers. Each student was given a Road Commission coloring book that was written by the Saginaw County Road Commission to teach about our unique industry and how to stay safe.

A special thanks to Mike Ecker for bringing the truck to the event and taking the time to educate the children and help to keep them safe!



2016 Proposed Construction Season

Listed below are SCRC budgeted projects that are contingent on State funding and right-of-way acquisition.

Township	Road	Location	Type of Improvement	Start of Construction	End of Construction
Maple Grove	Bishop Rd.	Volkmer Rd. to Chesaning Rd.	Road Surfacing	June 2016	September 2016
Birch Run	Birch Run Rd.	over The Briggs Drain	Box Culvert Replacement	June 2016	November 2016
Brady	Peet Rd.	over the Lamb Creek	Bridge Replacement	June 2016	November 2016
Bridgeport/Taymouth	Townline Rd.	Pettit Rd. to Blackmar Rd.	Road Surfacing	June 2016	September 2016
Chesaning	Gaspar Rd.	over the Fairchild Creek	Box Culvert Replacement	June 2016	November 2016
Frankenmuth	Curtis Rd.	over the Dead Creek	Bridge Replacement	June 2016	October 2016
Frankenmuth	Tuscola Rd.	City Limits to Reese Rd.	Road Surfacing	June 2016	September 2016
Fremont	Pretzer Rd.	Swan Creek Rd. to Ederer Rd.	Road Surfacing	June 2016	September 2016
Jonesfield	Merrill Rd.	over the Handy Creek Drain	Box Culvert Replacement	June 2016	November 2016
Saginaw	Hemmeter Rd	Brockway Rd. to State St.	Road Reconstruction	June 2016	September 2016
Saginaw	Shattuckville Rd.	M-47 to Hospital Rd.	Road Surfacing	June 2016	July 2016
St. Charles & Chesaning	Gary Rd.	over the Shiawassee River	Bridge Replacement	January 2016	July, 2016
Taymouth	Morseville Rd.	over the Silver Creek	Bridge Replacement	June 2016	October 2016

We're On The Web!

www.scrc-mi.org



SAGINAW COUNTY ROAD COMMISSION

3020 Sheridan Avenue
Saginaw, MI 48601

Phone: 989-752-6140
Fax: 989-752-8934

REGULAR OFFICE HOURS: Monday–Friday
7:00 A.M.–3:30 P.M.

SUMMER OFFICE HOURS: May 2nd – Labor Day
Monday–Thursday 6:00 A.M.–4:00 P.M.
CLOSED FRIDAY

COMMISSIONERS

Richard H. Crannell, P.E. - Chairperson

Deb Kestner - Vice-Chairperson

John D. Sangster—Member

Todd M. Hare - Member

Ronald L. Sholtz - Member

MANAGING DIRECTOR

Dennis L. Borchard

Saginaw County Road Commission has over 1,848 miles of roads to maintain. Although local townships share in the cost of maintaining some of the roads, the Saginaw County Road Commission is responsible for most of the cost.

The extensive number of rivers and drains in Saginaw County means there are also over 200 bridges to maintain. Smaller tributaries and ditches add more than 2,800 culverts to the road system and the list continues to grow as new roads are built to meet the needs of our ever changing and expanding community.

As you can see, maintaining the county road system is no easy task; however, everyone at the Saginaw County Road Commission is committed to giving you the best road system for your money. We are proud to be a part of the Saginaw Community and are committed to building a quality road system which will last for many generations to come.

HEALTH CORNER: Good Carbs vs. Bad Carbs

Carbohydrates provide your body with the glucose it needs to function properly. Two types of carbohydrates exist: complex carbohydrates and simple carbohydrates. Complex carbohydrates take time to break down into glucose. Foods rich in complex carbohydrates and fiber are called good carbohydrates. Simple carbohydrates include sugars found in foods such as fruits and milk products and sugars added during food processing. Foods rich in white flour and added sugars are called bad carbohydrates.

Whole Grain Products

Whole-grain products such as brown rice, whole-grain pasta, beans, whole wheat bread, whole oats, buckwheat, millet, whole rye, whole-grain barley and whole-grain corn are considered good carbohydrates. These foods are rich in fiber, vitamins, minerals and phytonutrients that are beneficial to your health. Also, they have a low glycemic index because they cause a slower change in blood sugar levels. Diets rich in high glycemic index foods cause a rapid rise in blood glucose levels, thereby increasing the risk for diabetes and heart disease. By contrast, foods with a low glycemic index help you achieve a more stable blood sugar and improve weight loss and control Type 2 diabetes.

Fruits, Vegetables & Legumes

Fruits and vegetables are loaded with vitamins, nutrients and carbohydrates. People who consume about 2,000 calories per day should eat 2 cups of fruit and 2.5 cups of vegetables daily. Legumes such as beans, peas and lentils are high in fiber, carbohydrates and protein and low in fat. Legumes may decrease the risk of cardiovascular disease, Type 2 diabetes and prostate cancer, reports the Linus Pauling Institute. On a 2,000-calorie daily diet, it is recommended that you eat 3 cups of legumes a week.

Refined Grains, Sweets & Biscuits

Refined grains such as white bread, pizza crust, pretzels, hamburger buns and mega-muffins are bad carbohydrates. During the refining process, these grains are stripped of B-vitamins, fiber and certain minerals. In addition, they also have a high glycemic index, negatively affecting blood sugar levels. Other examples of bad carbohydrates include chips, cookies, sodas, bagels, cake, pastries, pancakes, soda, high fructose corn syrup and baked goods. These foods are low in nutrient density as they have little or no nutritional value and supply a large amount of calories. According to researchers at Yale University, bad carbohydrates such as sweets and biscuits cause falls in blood sugar, affecting the part of the brain that controls impulse. This leads to a loss of self-control and a desire for unhealthy, high-calorie foods. A diet high in calories contributes to weight gain, which increases the risk for developing Type 2 diabetes.

Suggestions

Include beans in your diet as they are a good source of protein and slowly digested carbohydrates. It is suggested that you eat whole wheat or whole oats for breakfast, using whole-grain breads for lunch or snacks and trying brown rice, wheat berries or millet with dinner. Eating this way allows you to add more good carbohydrates to your diet. The recommended serving sizes for breads and cereals are 1 slice of bread, 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal or ½ cup of cooked dry beans.



SCRC ANNIVERSARIES

Service Years Based on Hire Date—Not Seniority Date

EMPLOYEE	APRIL	YRS. OF SERVICE
Mike Ecker	2	9
Dan Deming	2	26
Jim Warner	26	23
Tim Brown	27	1

EMPLOYEE	MAY	YRS. OF SERVICE
Ben Wenzel	6	14
Chris Burke	14	15
Wayne Kozuch	14	26
Joe Periard	23	22

EMPLOYEE	JUNE	YRS. OF SERVICE
Tom Luck	2	12
Jeff Harms	3	14
John Flynn	12	10
Gerald Schmidt	26	27
Mark Sieggreen	26	22
Rob Hudec	28	17