

THE MILE MARKER

SEPTEMBER 29, 2016

FROM THE MANAGER'S DESK

As summer comes to an end, the Saginaw County Road Commission is working diligently to complete many road projects prior to the winter season. The maintenance crews were extremely busy this past summer doing jobs such as chip seal, crack patching, hot patching, placing gravel, ditch cleaning and addressing drainage issues.

As we go into the fall, we are already starting to prepare for the winter season. The equipment is inspected, maintenance work is completed, along with any repairs that are necessary. This will help to ensure that once Mother Nature starts letting the snow fly, we are ready to make sure that those traveling within and through Saginaw County, can get to their destinations safely.

I'd like to remind you that "Shake Your Mailbox Day" is October 15, 2016 (the third Saturday in October). This day was designated to help residents be proactive in making sure their mailbox can withstand all that the winter season throws at us.

Each winter, mailboxes are damaged during winter maintenance operations. More often than not, damage to mailboxes is caused by snow pushing against weakened

posts or hardware. If you can shake your mailbox, it probably needs maintenance.

Take time now to make any repairs necessary so your mailbox will be strong enough to survive the winter. Proper maintenance may help to prevent damage that results in delayed mail delivery, or worse, having to make alternate delivery arrangements.

On "Shake Your Mailbox Day", please give your mailbox an aggressive shaking and thorough inspection.

The fall season gives us time to prepare and re-group. It seems like we are busy year-round. There never seems to be a "slow season" anymore. But our Team is ready for whatever is thrown their way. With that being said, I'd like to take a moment to thank the SCRC Team for their hard work over the summer season. All of you have pulled together and made it a great and productive summer. Here's to a safe fall & winter season!

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.



Flu Season Is Here

Now that kids are back in school, we are reminded of many things typical of this time of year: parent-teacher meetings, sporting events and extra-curricular activities. This time of year should also serve as a reminder that flu season is right around the corner. By getting a flu vaccine for yourself and your entire family every year, you can help prevent flu-related illness, missed school and missed work.

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications. The flu also can cause certain health conditions, like diabetes, asthma, and heart & lung disease, to become worse. Anyone can get sick from the flu and spread it to friends and loved ones—even if you consider yourself to be healthy. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease.

While flu activity usually peaks in January or February, the flu itself is unpredictable. And although there are many different flu viruses, the yearly flu vaccine protects against the three viruses that research suggests will be most common that flu season.

Everyone 6 months and older should get a flu vaccine each year.

You should get vaccinated every year for two reasons. The first reason is that because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the most recent and most commonly circulating viruses. The second reason is that a person's immune protection from vaccination declines over time so annual vaccination is needed for optimal protection. So, yearly vaccination is recommended even for those who received the vaccine during the previous flu season.

Excerpt from www.cdc.gov website

2016 APWA Snowplow Roadeo



The APWA Midwest Michigan Branch 2016 Snowplow Roadeo & Equipment Show took place on September 14, 2016 at the City of Wyoming DPW (Department of Public Works) in Wyoming, Michigan.

Chris Burke and **Rich Vollmer** competed in the event, representing the Saginaw County Road Commission. The competition is an obstacle course designed to simulate actual snow plowing operations where drivers are timed and scored for accuracy, safety and speed.

Chris & Rich, we are very proud of you! Our hats off to you guys for proudly representing Saginaw County Road Commission!

SCRC Adds One to Workforce

On August 25, 2016, the Saginaw County Road Commission added one employee to its' full time workforce. Timothy Gates transitioned from a CDL Temporary Employee to a full time Truck Driver. Tim came to SCRC as a CDL Temporary Employee with Michigan Department of Transportation (MDOT) experience & certifications. He proved himself to be a very dedicated and hard working employee and earned himself a permanent spot on the SCRC Team.

We are very excited to have Tim as part of the Saginaw County Road Commission Family!

MAINTENANCE UPDATE

The SCRC chip sealed a totaled 55 miles of local roads countywide & 40 miles of primary roadways in District 4 (the northwest portion of the county). After finally solving continuous mechanical issues with our chipper, our crews were able to provide their best work in years. Many of these locations were also swept & coated with a top layer of fog seal. Crack sealing was completed countywide on the local road system, per township approval, and many primary roadways in District 6 (the northern portion of the county) were sealed, as the budget allowed.

The 2016 tailgate gravel haul totaled 35 miles countywide; primarily utilizing 23A limestone. Richland Twp. & Marion Twp. requested to complete a mile each using natural gravel. Brant Twp. requested placing asphalt milling on one of their miles and Brady Twp. requested using a 23A limestone that contains a greater amount of stone. The decision was made to allow these different materials within these townships as test sites. We'll visit these areas throughout the different seasons of the year to compare the performance of each material and discuss the results.

Two application of brine were applied to our gravel roads this season in 26 of our townships. Three applications were applied in Lakefield Twp. per the Townships' request. Forty two loads of hot patching was scheduled and started in the spring. This activity was continues throughout chip seal season when weather limited our chip seal production. Final hot patching loads were completed by the end of August. The brush cutting activity in District 4 will continue as the weather allows. With the brush spraying budget, we were able to complete spraying in District 3 (the southwest portion of the county) in the following Townships: Brady, Chapin, Marion & Brant from Sharon Rd. to the west. Snorkel patching will be continuously preformed countywide as weather permits.

The Sign Shop has worked on routine maintenance & sign fabrication; which continues to meet the Federal regulation or updates. The current requirement being met is all street name signs are required to meet retro-reflectivity. Also the letters of the street name sign shall be composed of a combination of lower-case letters with the initial upper-case letter. There is no specific compliance date for replacement of the existing street name signs that use all capital lettering. Existing street signs using all capital letter can remain in place until they need to be replaced due the end of service life falling below minimum retro-reflectivity.

Line striping has been completed for the year totaling 225 miles. Pavement marking was also completed countywide. Ditching, drainage improvements and storm drain maintenance is an endless & on-going activity. Here is a breakdown of our cattail spraying plan since we were able to restart this program last year. District 6 was completely sprayed both primary & local roads last year and was followed up this year by addressing any areas of regrowth or new growth. The good news is there was minimal regrowth and new growth, so this treatment is proving to be effective. In our 3 remaining dis-

tricts, the concentrated spraying areas were all intersection within each district to be sure any vision problem were being addressed. We'll continue this plan of spraying one district completely, working in a clockwise rotation around the county. This program aids in controlling cattails and helps support positive drainage for our county. Another menace has been the phragmites weed that is known to overtake an area and will spread at a rapid pace. The current phragmites within the right-of-way (ROW) isn't as intense as cattails so we were able to spray everything countywide. We've also shared our weed control process and information with representatives from both the Cass River Greenway & the Saginaw Bay Cooperative Invasive Species Management Teams. These groups or organizations also know the importance of these programs and are very interested in controlling these weeds, as well as others, not only within our ROW but with the boundaries in which they oversee.

A couple of multiple-year projects that consisted of setting the ditch back, tile replacement, cross-culvert replacement and grinding of the roadway (2nd phases) were completed. The first project on Townline Road between Pettit & Marshall in Bridgeport Twp. & Taymouth Twp. had an asphalt base applied in August. The second project is on Pretzer Road between Ederer & Swan Creek in Fremont Twp. A double chip seal will be applied to this location this year and it is scheduled for a third chip seal next season.

One major facility project this year was the removal and replacement of the south wall in our Saginaw Maintenance Garage. This project was completed mid-September. We'll continue to have a prioritized 5 year plan for any needed facility maintenance and address as budget allows.

Many tasks for preparation for the coming winter season have already been completed. All salt barns are filled and ready. Mineral well brine levels have also been topped off at all three of our maintenance facilities. We plan to conduct our annual winter preparedness equipment inspection again this season. This inspection gives us a good evaluation of our equipment conditions and allows us sufficient time to schedule and complete any necessary repairs prior to the coming winter weather season. Prior to the inspection, an informational meeting will be conducted to review winter expectation and SCRC policy and procedures through this winter season.

Our mechanics continue play a huge role in keeping our operation productive. They understand the importance of all our activities and how equipment should be prioritized for repair when multiple pieces are in need of repair simultaneously.

Our team of employees continue to work hard producing quality work for our customers and I'm certain this attitude will continue as we move on to another Michigan season. Thanks to the entire SCRC team for their hard work and persistent dedication.

Medina, Director of Maintenance

Reminder....Mailboxes in the Winter

It is getting to be that time of year again where the Road Commission will start to receive phone calls stating that the snow plow knocked down a mailbox. We would like to once again help to remind the residents to take a proactive approach in making sure their mailbox is structurally sound to handle all that Mother Nature has to throw at us this winter. More often than not, damage to mailboxes is caused by snow pushing against weakened posts or hardware. Flying snow makes it look like snow plow trucks are traveling much faster than they are, but the average speed of travel is about 25 m.p.h. Even at this speed, the force of the snow being pushed off the road can damage mailboxes and other roadside items.

In addition to making sure your mailbox is strong enough to survive winter, clearing snow to the right of your driveway will help reduce the amount of snow deposited in your drive and against the mailbox post during winter maintenance.

Avoid the "Second Shovel"



UPCOMING MAINTENANCE SCHEDULE

Estimated Dates

OCTOBER, 2016

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11 Board Mtg.	12	13	14	15 Shake Your Mailbox Day
16	17	18	19	20	21	22
23	24	25 Board Mtg.	26	27	28	29
30	31					

NOVEMBER, 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8 Board Mtg.	9	10	11 HOLIDAY OFFICE CLOSED	12
13	14	15	16	17	18	19
20	21	22 Board Mtg.	23	24 HOLIDAY OFFICE CLOSED	25 HOLIDAY OFFICE CLOSED	26
23	28	29	30			

DECEMBER, 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13 Board Mtg.	14	15	16	17
18	19	20	21	22	23 HOLIDAY OFFICE CLOSED	24
25	26 HOLIDAY OFFICE CLOSED	27 Board Mtg.	28	29	30 HOLIDAY OFFICE CLOSED	31

SASWA Update

Top Ten Stormwater Myths

There are several myths that go along with the misunderstanding of stormwater. Below are ten of these myths:

1. Stormwater is clean.
2. Stormwater drains lead to treatment plants.
3. The pollutants in stormwater are not really harmful.
4. Stormwater flows only to local streams
5. Stormwater is mainly an urban problem.
6. Industries are the greatest source of water pollution.
7. Roads are responsible for most of the state's stormwater runoff.
8. The state should take care of all stormwater pollution.
9. Stormwater pollution will eventually go away.
10. No real solutions exist to solve our stormwater problem.



The Saginaw County Road Commission in cooperation with the Saginaw Area Storm Water Authority (SASWA) is doing everything it can in its daily road maintenance and operational activities to assure we do not have an adverse effect on stormwater. We also do what we can to assure we have best management practices in place to reduce and eliminate stormwater pollution from county road drainage systems.

Russ Beaubien, Spicer Group/SASWA



2016 Proposed Construction Season

Township	Road	Location	Type of Improvement	Start of Construction	End of Construction
Birch Run	Birch Run Rd.	over The Briggs Drain	Box Culvert Replacement	June, 2017	July, 2017
Brady	Peet Rd.	over the Lamb Creek	Bridge Replacement	June, 2016	November, 2016
Chesaning	Gasper Rd.	over the Fairchild Creek	Box Culvert Replacement	June, 2017	August, 2017
Frankenmuth	Curtis Rd.	over the Dead Creek	Bridge Replacement	June, 2016	October, 2016
Jonesfield	Merrill Rd.	over the Handy Creek Drain	Box Culvert Replacement	June, 2017	August, 2017
Saginaw	Hemmeter Rd.	Brockway Rd. to State St.	Road Reconstruction	June, 2016	October, 2016
Taymouth	Morseville Rd.	over the Silver Creek	Bridge Replacement	June, 2016	October, 2016
Tittabawassee	Hospital Rd.	Freeland Rd. to Buck Rd.	Road Rehabilitation	October, 2016	September, 2017

Joe Wisniewski, Director of Engineering

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 – Sept. 30th
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: Stress & Cholesterol

How Does Stress Affect Cholesterol Levels?

There is some excellent medical information available that details the relationship between stress and cholesterol levels in the blood. We will try to explain in simple terms this very useful piece of information regarding stress. When the body is stressed, the liver generates cholesterol as a source of energy. The body is unable to distinguish between mental stress and physical stress. The cholesterol generation is done to provide fuel to the body to ward away the stress. It is expected that the stress would need a physical effort to be handled; the cholesterol would ideally be burned up during this effort. The cholesterol is generated throughout the period that the body is stressed. If the stressed person is able to handle the stress, the brain senses the release of stress and stops the liver from generating the cholesterol. But in cases of where the stressed person is not able to handle the stressful situation and come out of stress, the cholesterol continues to be released into the blood and cholesterol levels could potentially increase. Most people get depressed and lethargic when experiencing stress, this means that there is never any chance to exert additional energy and burn up the cholesterol. Habits like smoking and drinking caffeine or alcohol, worsen the effects that high cholesterol levels have on our health. Unfortunately, most stressed people turn to drinking or smoking in an effort to “handle” stress. The ultimate effect is on the heart and many of these effects can become irreversible.

There could be another situation where the problem at hand that causes stress, is resolved without any physical activity. As explained above, the body is unable to distinguish between physical stress and mental stress. The cholesterol is produced assuming that physical effort will be required to solve the problem on hand. With no way to burn the cholesterol generated in the body, it is possible that abnormal cholesterol levels might continue to exist in the body. The best way to handle this situation is to do some physical exercise after the stressful situation has been overcome.

How Do You Contain Cholesterol Levels When Stressed?

Cholesterol release that is triggered to handle a stressful situation is best contained by controlling the stress level and controlling the amount of time that the body remains stressed. In many situations controlling stress is not very easy. In case of professional stress - help from your boss or colleagues might become necessary. While working on the issue to handle stress, also make sure that you get some physical activity to burn up cholesterol. Taking a long walk or exercising can help you do this. Remember that excess cholesterol that remains in your blood is not good for you. Solutions like drinking, insufficient sleep, depression and over drinking of coffee and tea can only worsen the problems that come with prolonged stress. Learn to gauge your capability and capacity before undertaking a task, and make sure that sufficient resources are available to perform the task.

SCRC ANNIVERSARIES

Service Years Based on Hire Date—Not Seniority Date

EMPLOYEE	OCTOBER	YRS. OF SERVICE
Roger Clauss	4	12
Richard Vollmer	5	12
Jason Windy	7	3
William Reinbolt	7	3
Mark Herbers	23	26
Chet Allen	23	10
Joe Wisniewski	28	3

EMPLOYEE	NOVEMBER	YRS. OF SERVICE
Dennis Borchard	1	26
Todd Ferguson	7	22
Donald Holland	14	8
Rey Cruz	16	1
Robert Miller	16	1
Scott Gunther	17	8
Timothy Reisterer	21	11
Jennifer Brieske	27	16
Lonnice Wood	29	22

EMPLOYEE	DECEMBER	YRS. OF SERVICE
Dan Medina	1	6
James Popp	1	2
Paul Gohs	19	11
Michael Wendling	27	17