

CMS FORERUNNERS SOUTHEASTERNS CHAPTER

"The mission of this organization is fraternal, to represent the interests of all retirees; to expand and strengthen fellowship among its members; and to provide leadership, information, programs and social activities."



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The breakfast meeting was held on **April 1, 2019...no foolin'!** Members in attendance: Harry Redford, Ralph Luft, Myron Seeger, Neil Wagner, Floyd Martin, Ed Weaver, Rick McGovern, Steve Marshall, Frank Lambert, Jim Abram, David and Jan Harvey, Tony and Linda Homolka, Jim and Linda Thompson, Brian Watters, Jerry Ridner, Ernie Kotnik, C.J. Schwartz, Tom St. Bernard, Tim Kolb, and Dave Krawtzke

Today the 50/50 was won by Jan Harvey, who generously gave back half to our fund!



The Treasure's report shows \$102.00, including today's drawing earnings.

Once again, there was some discussion on the insurance changes we are going through. Ernie Kotnik joined a few others who have some unique situations that are not getting resolved through the company, Fidelity or VIA. The CMS benefits department meets every Monday to discuss the progress/problems with VIA Benefits. If you are having issues that you are not getting resolved with VIA, try contacting CMS Energy's Benefits Service Center at Fidelity, **1-800-260-4015** (the only phone number I could find anywhere on the website). You may also get through to Marilyn Johns at **517-788-0827**.

Pam Miller will celebrate her birthday on April 4th and Tony Homolka will celebrate a birthday on April 23rd!



We were happy to see Ed Weaver and Dave Krawetzke doing well after their surgeries. Dave had triple by-pass and Ed had a bowel obstruction. Best wishes to both of you guys.

From the family of Gilbert Amaya on Facebook:

Please join us in celebrating the life of our amazing father! We will be gathering at The Ashlar, 700 Bishop Reed Dr., Tecumseh, MI on **April 20** beginning at **4pm**.

Please feel free to share this event with anyone on or off Facebook that you believe would want to attend.

Please comment or message any of us if you have any questions

We are looking forward to seeing everyone there!

From the CMS website:

Embracing Change

Veteran employee Frank Rand finds purpose, possibility after plant closure

Senior environmental analyst Frank Rand has worked 19 years with Consumers Energy, nearly all of that time at the Whiting Plant near Monroe — an aging, coal-fired plant retired in 2016 due to environmental regulations and market forces. Rand, 48, has moved to a new role as we transition away from coal to a cleaner, more sustainable energy future. He shared his thoughts on the plant closure and the company's new strategic direction.

What made the Whiting Plant such a special place to work?

It was like a family — that's just the way it was. It was a tight-knit group. I hadn't seen that anywhere else. Once I saw it, I didn't want to let it go. At the time I was living in Jackson and commuting 90 minutes and my oldest child (of four) was only in third grade. I had the opportunity to take another job within the company close to home. But I didn't want to leave Whiting, so we moved down there.

What was it like when the plant retired?

It was almost like losing a member of the family, then cleaning up the house and getting ready to move everything out and sell it. Everybody had been there for a fair amount of time and even though they had opportunities to leave, they didn't want to. It was a difficult time, but we went through it all together as a cohesive group.

You stayed to help prepare the plant for demolition. How do you describe the experience?

Weird. Walking through a plant with no power, no lights and no water was like walking through a skeleton. It was cold and if somebody dropped something on the top floor, you could hear it in the basement. Usually, you couldn't hear it 20 feet away when the plant was running.

What's your job today?

I work out of our South Monroe Service Center, and I'm responsible for helping maintain environmental compliance at our natural gas compressor stations on the east side of the state. Even though I will put about 30,000 miles on my vehicle this year, I have no complaints. I have a good job and I'm working with great people.

You've seen major change over time. What's your take on our plans to move away from coal as a fuel source?

I was always pretty skeptical about it and thinking we needed to have some coal because it's not weather dependent and it's always there as a backbone. When I started, coal was still on top and was the cheapest (fuel source). That's not the case anymore. We've made huge strides in advancing wind and solar and the battery storage will help. We're going in the right direction. I'm much less of a skeptic than I once was.

Also from the website: Saving energy and dollars:

Reduce Energy Waste with Smart Power Strips

Devices that continue to draw power when they appear to be turned off can cost up to \$200 a year in wasted energy. Fight this by regularly unplugging your devices, or let a smart power strip do the work for you. The features of advanced power strips make it easier than ever to ensure devices are fully powered down.

Maintain Your Heating and Cooling System

The average household spends more than \$2,000 a year on energy bills, with nearly half of that going to heating and cooling. A well maintained system can save a lot. Change your air filter regularly, and have a professional perform scheduled tune-ups.

Set Your Refrigerator for Optimum Cooling and Freshness

ENERGY STAR® recommends a temperature range between 35° and 38°F to keep food fresh while not wasting energy.

Use the Cold Water Cycle in Your Washing Machine

Washing your clothes in cold water saves big on water heating costs. It also keeps colors from fading and clothes from shrinking.

Seal Your Windows and Doors

Use caulk and weather stripping to seal air leaks around windows and doors. Homeowners save an average of \$200 per year on heating and cooling by better insulating and sealing their homes.

Save the Game Console for Gaming

If you stream content to your TV, use a dedicated set-top box, smart TV or streaming-capable Blu-ray player. Game consoles use far more energy than these alternatives.

Heat Your Water to 120°F

At an average of \$250 a year, water heating is the second largest energy cost for most households. Don't overheat your water only to mix it with cold. 120°F will give you hot showers while saving energy too.

Upgrade Your Home's Lighting

Light your home with ENERGY STAR certified LED bulb, the simple choice for energy efficiency. LED lighting is the simple option to save energy, money and protect the planet for future generations.

Once again, the Forerunners will offer scholarships. See below for the application and information.

THE FORERUNNERS SCHOLARSHIP AWARD 2019

The Forerunners, an association of retirees from CMS affiliated companies, has established a scholarship award for qualified, worthy graduating high school seniors. The award can be used for tuition, books, fees, and/or other academic expenses. Applicants must be planning to attend an accredited college, university or trade school.

ELIGIBILITY REQUIREMENTS:

- Children/legal dependents, grandchildren, step-children and step-grandchildren of Forerunners members
- High school graduate with a cumulative grade point average of 2.5 or above
- Planning on following a full time program
- First year student at a college, university, post-secondary, or trade school
- Only one scholarship award per year, per Forerunner member
- Forerunners membership dues payment must be current

SELECTION CRITERIA:

Selection of the scholarship recipients will be by a lottery type drawing overseen by the Forerunners Scholarship Committee and at least one Forerunners Chapter President.

SCHOLARSHIP AWARD:

Three \$1,000 and two \$800.00 scholarships are available for award this year. Recipients will be selected and notified in late June or early July with the awards presented at the Forerunners Annual Meeting in September.

Richmond Brothers Investment Advisers in Jackson, MI is providing a \$1,000 Scholarship for this year. The Richmond Brothers Named Scholarship will be awarded to the first drawn winner. Additionally Flynn Wealth Partners of East Lansing is offering a \$1,000 Named Scholarship which will be awarded to the second drawn winner. As a proactive wealth management firm Richmond Brothers concentrates on helping pre-retirees and retirees create and continuously manage a plan to get the most out of their retirement investments while building deep, personal relationships.

Flynn Wealth Partners \$1,000 Scholarship, at 2260 E Saginaw Street, East Lansing MI 48823, brings more than 60 years of combined experience helping individuals, families and small businesses plan for their financial futures. They enjoy working with people who have various levels of financial knowledge and experience, taking the time to educate you on concepts and helping to bring greater clarity and deeper understanding across all aspects of your financial life.

“Forerunners Building for the Future” The Forerunners is also providing a \$1,000 Scholarship named the “Forerunners Building for the Future” Scholarship. This is the first year the Forerunners is providing this scholarship and every attempt will be made to continue to provide it in the future.

DEADLINE FOR APPLICATIONS:

Applications are available beginning in January 2019 from local chapter presidents, the Forerunners Office in Jackson or may be downloaded from the Consumer Energy/retiree website: www.consumersenergy.com/retiree. Completed applications with required attachments must be postmarked by no later than June 17, 2019, to be considered in this year’s drawing. Return entries to:

FORERUNNERS SCHOLARSHIP COMMITTEE CHAIRMAN, CONSUMERS ENERGY, P21-505, JACKSON MI 49201

Retiree Office Telephone: 517-788-1221

Retiree email: retiree@cmsenergy.com

Retiree website: www.consumersenergy.com/retiree

FORERUNNERS SCHOLARSHIP APPLICATION-2019

Application Deadline: **June 17, 2019**

APPLICANT INFORMATION

Name: _____
Last First Middle

Permanent Address: _____
Number and street

City State Zip Code Telephone Number

Date of Birth: _____
Month/Day/Year

Name of High School: _____ Graduation Date: _____

FORERUNNER MEMBER

Name: _____ Phone number: _____

Address: _____ City/State/Zip: _____

Relationship to Applicant: _____

COLLEGE/UNIVERSITY/TRADE SCHOOL INFORMATION

Will you be a full time student during the coming academic year? _____

Anticipated field of study: _____

When do you anticipate receiving degree or certificate of completion? _____
MO/YR

Name of college, university, or trade school you plan to attend: _____

Location of School: _____

ATTACHMENTS REQUIRED ** Important

Application invalid if not included

- Copy of transcript of credits complete at least through the first semester of your senior year.
- ACT and/or SAT scores if available.
- Copy of letter of acceptance from college, university or trade school.

CERTIFICATION I hereby affirm the information provide on this application is accurate and complete to the best of my knowledge. I understand this scholarship, if awarded to me, is for pursuing the course of study at the college, university, post-secondary or trade school stated on this application. I will inform the Forerunners office, in writing, of any changes in my plans before the coming school year begins. I understand this may be grounds for reevaluation of my application.

Signature: _____ Date: _____

Wait – Did you include all required attachments?

Our next meeting will be **Monday, May 6th at 9:00 AM at the Monroe Grill.**

FORERUNNERS Member Application

Date _____

Last Name _____ First Name _____

Spouse First Name _____ Spouse Retiree? _____

Street Address _____

City _____ State _____ Zip _____

Telephone Number _____ Date Retired _____

Headquarters Retired From: J.R. Whiting

Forerunners Chapter _____ South Easterners _____

Email address _____

Alternate Street Address _____

City _____ State _____ Zip _____

Telephone Number _____

Alternate address: Winter ____ Summer ____

Forerunners Dues \$10/year plus any Chapter dues: Attached Yes ____ No ____

Note: We are always searching for more efficient and timely methods of communicating with our members. Electronic communications are very helpful in this regard. Your e-mail address may be used to send information of interest to retirees by the Forerunners, for example, notification that the Retireeline has been posted on the retirees' website, important issues concerning the company, etc. Your address, of course, will NOT be shared outside of the Forerunners office.

By giving us your e-mail address, you are agreeing to receive information from us via e-mail.

Please complete and mail to:

Consumers Energy Forerunners, 1945 Parnall Road P21-504, Jackson, MI 49201. If you have any questions, please call us at 517-788-1221.

