**Matching Gift Program**

...Twyla Harvey

On February 25, we received an email from Bob Flexon in regard to the new “Dynegy Matching Gift Program”. This is being done because Dynegy recognizes, as well as believes in, the importance and value of “giving back” to our local community.

Dynegy will match employee giving to charitable organizations, dollar for dollar, up to $250.00 per employee, per year. There is a minimum matching gift amount of $25.00.

All current Dynegy employees can participate.

Any not-for-profit organization located in the US and recognized by the IRS as tax-exempt and designated as a public charity qualifies. Any public school PreK-12 that operates under public control also qualifies. Employees can donate money to an organization that serve needs worldwide, but the organization must be US-based.

Religious organizations that operate a food pantry, homeless shelter, etc., are eligible as long as participation is not contingent on worshiping, praying, or other religious activities; also, that donation/matching cannot be used for religious purposes.

Employees have up to 90 days to submit their request from the time of donation.

How do you go about doing this? Go to myDynegy under myTools for a link to the online matching site. If you have questions, problems, or concerns you can call 1-866-788-1248 or see Julie or myself (either of us will help you).

For those of you who are new here at Newton, we have a history of helping the less fortunate or those in need. Some of the things we have done in the past years include but are not limited to giving Christmas gifts to children who wouldn’t have any Christmas without our help, helping foster children, giving gifts to nursing home patients without families, giving to food banks, helping to support The Master’s Hands (a religious based coffee shop/food pantry opened to the public), having a HUGELY SUCCESSFUL fund raiser to help a local family with medical expenses for their little girl with cancer, and the list could go on and on.

Lastly, we raised over $2,500.00 for our Hospice Volunteer Program, through cookbook sales. Thank you again to all who contributed recipes and supported our project by purchasing cookbook(s). If you would like to become a volunteer or have questions about being a volunteer, please give me a call.

If you have a not-for-profit organization that you would like for NPS to support please give Julie or me a call or if you have an idea for a fund raiser, the needs are many in our local communities, please share those with us also.

Thank you for your past generosity.
Roger’s World

...Roger Bass

How observant are you? Do you pay attention to detail? Do you even have a clue as to what is going on around you, or are you so wrapped up in what you are doing that everything else is blocked out. Do you really see the signs or do you just notice them in passing?

Do you look for signs that will help you arrive at your destination safely? Or are they signs that take you out of your way or change the time it takes to get where you are going? Do you get frustrated or maybe even mad when you see these signs?

You come to work every day. You take the same route. Are you paying attention to where you are going or are you thinking about the day ahead of you. Has your journey become so much of a routine that you have become complacent and you aren’t really paying attention to the signs?

Are you really being observant of your surroundings? Have the jobs you work on become so routine that you aren’t really paying attention? Are you just going through the motions and can’t see when something has changed? You need to look at things from different perspectives.

Back in the fifties, when I was just a lad, I can remember a painting that hung in the local hospital/clinic waiting room. It was called “All is Vanity”. Look at it one way and it was a painting of a skull. Looking at it closer, it was a picture of a woman looking at her reflection in a mirror.

If you are driving in the area of a school, do you pay attention to the kid that is walking near the street and may decide to run across the road? Sometimes, the last thing a youngster is thinking about is watching where he is going.

As this month’s article comes to an end, I have a question. How observant were you reading my article? Did you notice the stop sign only had six sides?

Till next time, please be safe.

CONGRATULATIONS CARL WILL ON YOUR NEW POSITION AS A WELDER REPAIRMAN APPRENTICE, PHASE 1
Safety Highlights

...Rick Wolford

The safety committee met on Wednesday, 03/04. Don Watson, Senior Safety Director for Dynegy was at the meeting and covered VPP (Voluntary Protection Program) which is a program developed by OSHA to help promote and improve work site safety. Don stated that he believed that Newton Plant has the potential to meet VPP status due to our strong safety culture. From osha.gov, I pulled the following info on the program:

The Voluntary Protection Programs (VPP) promote effective worksite-based safety and health. In the VPP, management, labor, and OSHA establish cooperative relationships at workplaces that have implemented a comprehensive safety and health management system. Approval into VPP is OSHA's official recognition of the outstanding efforts of employers and employees who have achieved exemplary occupational safety and health.

Statistical evidence for VPP's success is impressive. The average VPP worksite has a Days Away Restricted or Transferred (DART) case rate of 52% below the average for its industry. These sites typically do not start out with such low rates. Reductions in injuries and illnesses begin when the site commits to the VPP approach to safety and health management and the challenging VPP application process.

You will be seeing much more information if the future on this VPP initiative at Newton. I encourage all employees to take

Stop Work Authority

...Paul Hardiek

How would you feel if you passed by an unsafe area noticing an issue that invariably could result in a dangerous incident only to find later something did go terribly wrong? Would stopping and having a discussion at the site take too much time? Would those individuals be upset with you for stopping? If a life was lost would it affect you personally? How would you feel? I would like to think my co-workers would stop me from performing an activity in a manner which could result in an incident or injury. “You see it you own it” philosophy doesn’t just apply to others. We have the responsibility and must have the courage to STOP work when continuing could result in injury. This authority to stop work is a responsibility we all have to not just ensure the task is completed, but that it is completed SAFELY. A successful WO, task, or project is the time to go the OSHA website and learn more about it. It will take a commitment from all employees at Newton to achieve this VPP status but I believe it is something that Newton is ready to take on.

‘If In Doubt, Check It Out’ is this month’s safety slogan. A good reminder that we always need to be thinking about the task at hand and if we are uncertain or have questions, we need to ensure we get our questions answered. This applies to everything we do at work but is especially important from a safety standpoint. From WPA isolation points to radio communications to safe work procedures to PPE……the list is endless. Make sure to take the time to investigate or ask questions so all doubts are removed.

As I write this article, it is day 1 of our planned Unit 1 - 8 week outage. A lot of work is targeted to be performed and with that work comes additional working hours, additional interferences and distractions and additional people on site. Please take the time to think through your work and ensure you have all of your safety bases covered. Please also look out for the contractors on site. Remember that they may not be very familiar with this station nor our safety expectations so let’s help them out when needed. I challenge everyone to be courageous enough to stop any unsafe acts you may see. We want everyone to go home safe every day of the outage. This will then make this outage truly successful.
Chicago's popular technology incubator, 1871, located in the Merchandise Mart, is now home to a unique work space for veterans. It's called The Bunker.

Inside, Army National Guard veteran, Blake Schroedter, nephew of Stock Clerk Cindi Root, learned how to patent and market his product.

"Basically when we were deployed we found out that there was no good way to make a protein shake on the go during our missions. Often times we put the powder in a zip lock baggie to be able to be used later on, when needed. Unfortunately, this would often result in the bag breaking and then you have powder all over your gear," said Schroedter.

Back at home, Schroedter and two of his veteran comrades developed the Easy Go Dispenser. The plastic container stores powder, and then selects the appropriate measurement for a protein shake. It's great for body builders, and moms on the go. Powdered baby formula can also be stored in the container.

The Bunker is currently working with 19 companies, owned and operated by veterans. The concept is the first in the country. It was developed by Navy veteran, Todd Connor. "Every entrepreneur needs really locally, hyper-connected communities and veterans are no different. They get out of the military and they have great veteran networks, military networks but they don't have strong networks in the investor community, the corporate communities and so we are that place where veterans can come and really meet the right people that they need to help their early stage businesses become successful," said Connor.

"Right now, six percent of active duty personnel leaving the military will actually start a business, but 25 percent want to. After World War II, 49 percent of veterans actually came home and started businesses and became self-employed. We would like to see more than six percent of veterans start businesses. We think veterans can be the next great economic engine for the American economy.” said Connor.

With the assistance of The Bunker, Schroedter and his team have sold 15-thousand Easy Go Products. And that's just the beginning!

"How do we get to the Babies R Us or the Buy Buy Baby? Todd has helped facilitate those connections as well," said Schroedter.

Congratulations Blake and thank you for your service!

I deliver pizza to help cover my college tuition. Once I had a delivery for a customer who sent their seven year old son to pay me.

As he approached the screen door, I noticed he was carrying a check in one hand and two dollars in the other, which I assumed was my tip.

To my dismay, he pocketed the bills before handing me the check, which was for the exact cost of the pizza.

"Could that have been a tip?” I asked, trying not to sound accusatory.

“Yep,” he replied proudly, “not bad for just a walk from the living room and back!”

Our nephew was getting married to a doctor’s daughter. At the wedding reception, the father of the bride stood to read his toast, which he had scribbled on a prescription pad.

Several times during his speech, he halted, overcome with what I assumed was a moment of deep emotion. But after a particularly long pause, he explained....."I'm really sorry folks, I can't seem to make out what I've written down.”

Looking out into the audience, he asked, “Is there a pharmacist in the house?”
As most of you know, in early December 2014, I was diagnosed with Prostate cancer. There is some information I feel is vitally important for me to share with you about it. Some of you may have heard some news stories over the past few years that say things like, “Nobody dies of Prostate Cancer anymore”; or “Physician says PSA test is ‘worthless’”; or “AMA recommends no more Prostate Cancer screening for men under 60”. Truth is, all of those headlines are misleading at best, and dangerously wrong at worst. Here’s some truth:

In 2012, over 250,000 American men were diagnosed with Prostate Cancer, and over 20,000 died of it. Over their lifetimes, 1 in 6 men will be diagnosed with Prostate Cancer. That’s about 17%. Of those with the diagnosis, half will need some form of aggressive treatment (surgery, radiation, chemo or some combination), and 1 or 2 out of 10 will die of it. THOSE are real numbers, guys. To put it in perspective for all of you, if you share a table in the break room with 5 buddies every day, one of you will develop prostate cancer.

When I got my diagnosis, as I talked to many of you, I started making a list of past or present employees who have had it. Without trying hard, I came up with an even dozen. I’m sure there are more.

Now, a word about the PSA test.

It is true that the PSA test is not a test for prostate cancer. The PSA test measures a chemical that is produced by the prostate gland, and it is measuring the presence of this chemical in your bloodstream. If the prostate is healthy, then the chemical it produces stays in the prostate. If it escapes into the bloodstream, it essentially means that “something is wrong”. What that something is, can be a number of things, and cancer is only one of them.

The important thing, as I have done my research, is that while the “number” of the PSA test is important, what is even more important is the trend of that number over time. Most specialists these days talk about “PSA doubling time”. If the doubling time is 2 years or more, then there is not usually thought to be a problem. In my case, my PSA did this: pre-2012, it was consistently <1.0 for a number of years. In October of 2013, it was 2.0. In October of 2014, it was 3.3. So, my doubling time is about 1 year. Based on that, I went in and had the biopsy which found the cancer.

Getting the word out

My purpose in writing this article is to try to keep getting the word out. For some reason, prostate cancer doesn’t get a lot of press, there aren’t marches for it, nobody is passing out pink ribbons to raise awareness, and millions of dollars aren’t being collected for a “fight against prostate cancer”. There aren’t any major Hollywood men who are speaking out about their experiences with it. The key is early detection. If you wait to get checked until you have symptoms, it’s too late. It’s that simple.

What are the guidelines?

The official, current ACS (American Cancer Society) guidelines are these:

All men, 50 years old or older, should have an annual PSA blood draw and an annual DRE (Digital Rectal Exam).

If a man has one next-in-line relative with prostate cancer (father, brother, son) found under age 65, then screening starts at 45.

If a man has more than one next-in-line relative with Prostate Cancer found under age 65, then screening starts at 40.

Guys, if you’re not getting screened, start this year. It’s a blood test. If you’re over 50, you can have the Jasper County health department do it at the health fair for free. If you’re under 50, they charge $30. You can also have it done by examinetics for $22 during the annual health screening.

I am a very nervous flyer. During a trip from California to Indiana, it didn’t help that my connecting flight from Denver was delayed twice because of mechanical problems. Then, after we were aloft, I noticed the lights began flickering. I mentioned this to a flight attendant. “I will take care of it,” she said. Moments later, the lights went out. Clearly she’d solved the problem by turning off the lights.

A passenger across the aisle who had been listening leaned over and said, “Whatever you do, please don’t ask about the engines.”
Meet Gary Rieman

...Twyla Harvey

Gary Rieman started at Newton Power Station on Monday, March 16 as a Fuel Handling Operator.

Gary comes to us with a lot of experience; he has been a mechanic at Midwest Tractor Sales for 10 years. Before that he was a mechanic at Dittamore Implement for 6 years.

Gary, and his wife, Mandy, live in Newton with their daughter, Paige, who is 5 years old, and is an absolute delight.

In Gary’s spare time, he enjoys cooking, gardening, hunting and spending time with his family.

Gary is most looking forward to getting to know the people at the plant, as well as learning all aspects of his job. He is also looking forward to doing and learning something new.

Please make Gary feel a part of the NPS team when you see him; he is a real asset to our plant.

Twyla Celebrates 35 Years of Service

...Julie Matson

On Wednesday, March 18th, celebration cake and coffee were enjoyed in honor of Twyla Harvey’s 35 year anniversary.

Twyla began her career at Newton Power Station March 3, 1980, as a Steno. In November, 1980, she took the job as Records Clerk. Since September, 2003 she has had the title of Payroll Clerk. Along with her job duties as Payroll Clerk, she puts the monthly newsletter together and is also the Wellness Champion for NPS.

We all love the fact that she loves to bake and has her own baking business, Homemade Delights by Twyla. She also enjoys golfing, spending time with friends and family and traveling.

Twyla resides in Newton, with her husband Brian. Her daughter and son-in-law, Carmen and Mike, reside in Naperville. Twyla has a 3 year old grandson, Andrew, who will become a big brother in April.

Congratulations Twyla on your anniversary. It is a delight to work with you.
Wellness Corner—Stress Management

...Wellness Committee

Why it’s important: Vitamin D controls the expression of over 1,000 genes in the body. This means that vitamin D is controlling over 1,000 different physiological processes. It is linked to cardiovascular disease, cancer and immune system problems. Did you know that an estimated one billion worldwide are deficient in vitamin D? Unlike most nutritional deficiencies, this is one that is actually more prevalent in the developed world because we aren’t outdoors as much and therefore don’t get as much sun as our ancestors. There are two ways to produce vitamin D: You can create it through exposing unprotected skin to ultraviolet B (UVB) rays of sunlight – 15 minutes a day is adequate – and by eating foods high in vitamin D to absorb them into the intestines. Vitamin D is a fat-soluble vitamin, and is best absorbed when eaten with fat-containing foods.

Signs you could be deficient: Vitamin D deficiency has inflammatory effects that can show up in the form of fatigue, muscle weakness, and bone and joint pain. It is also linked to depression, diabetes, Seasonal Affective Disorder (SAD), even psoriasis and asthma.

Foods that have it: Eggs. According to the latest USDA nutrition data, eggs now contain 41 IU of vitamin D, which is an increase of 64 percent from 2002. You can also find vitamin D in fatty fish such as sockeye salmon, mackerel, sardines, and grass-fed, fortified dairy, such as milk and yogurt.

Recommended daily allowance: 600 IU daily (age 1-70) is a minimum. A simple blood test will show what you need.

Be aware that there is such a thing as too much vitamin D, and everyone needs a different amount. A level of above 30 ng/mL to 50 ng/mL is considered adequate for healthy people. Below 30 ng/mL indicates vitamin D deficiency.

Upcoming Events

| March 7-May 3 | Outage |
| March 25     | Negotiations Start |
| April 3      | Good Friday |
| April 5      | Easter |
| April 15     | Tax Day |

April Birthdays & Anniversaries

| 4/1/95       | 4/1/14 |
| 4/2          | 4/14  |
| 4/3          | 4/15  |
| 4/7          | 4/20  |
| 4/23         | 4/29  |
| 4/30         | 4/30  |

4/20 Yrs. Kenny Johnson
4/14 1 Yr. Josh Fehrenbacher
4/2 Kieth Trimble
4/3 Mark Oliver
4/7 Roger Bass
4/20 Rob Monroe
4/23 Dean Edrington
4/29 Phil Mayer
4/30 Roland Chapman

* Any omissions in this section are entirely unintentional.