

People's Energy

- Our athletics' group

Among more than 13 thousand athletes that took part on the *82nd International Marathon of São Silvestre*, there were seven Cemig's employees, example of endurance, love to the sports and health life habits. **Page 9**

Certificated Power Generation

In 2006, all Cemig's big power plants got a certificate of quality, environment, health, safety and internal Power generation system or had it updated. **Page 7**

**February/2007
YEAR IV – N°32
MONTHLY
NEWSLETTER
FOR CEMIG's
EMPLOYEES**

PAGE 11

SUMMER

Skin care

PAGE 3

**ENVIRONMENTAL
LICENSING**

100% in 2007

PAGE 12

INFORMATION

**Protect yourself from
Viruses**

PAGE 2

EDITORIAL

Quality in all aspects

The search for quality should be a constant in our lives. Since taking care of our health and leisure - that will determine our life's quality - until the search for certifications of our work routines that will guarantee the quality of the services given to the population.

In entrepreneurial terms, Cemig has reached recently a level that puts it among the leaders of the sector. All Cemig's big power plants received a certificate or had it updated, except Irapé that has not completed a year of commercial operation.

This means continuous improvement of our processes, besides the recognition by national and international organizations such as *Dow Jones Index* that translates itself into a bigger value for our stocks and benefits for employees and customers.

On the personal level, summer promises to be one of the hottest summers of the last years and it will demand from us a special care with our skin. *People's Energy* makes some recommendations for a good suntan without any damage to the health.

Life's quality can only be complete with the practice of physical exercises. The examples of it are quite close of us and some can be checked on this edition. Many of our colleagues combine sport and leisure to achieve a goal of a sane mind on sound body.

Individually or collectively, on the personal or professional life, the quality of life, extended to the family's and work's environment, determines our success, our welfare and a comfortable future for us and for the ones of our conviviality.

GOOD PRACTICES

The Company is distinguished in Uberaba

Cemig has received the stamp *Citizen Company – 2007/2008* of Uberaba, given by the City Council during a solemn event on December 11th, to the analyst of Relations, Valter Hugo Vieira Faria, of the Management of Commercial Relations and Services of Uberaba – DO/UR. The distinction is given to companies that installed programs of social responsibility in the city, highlighting those that developed actions towards the community, employees and environment.

The program *People's Land* and the policy of personal management qualified Cemig to receive the award. The choice of the highlighted companies was done by a committee composed by representatives of entrepreneurial entities and of rendered services, besides of the Municipal Secretariat of Development and Technology.

Valter Hugo Vieira Faria shows the award

Diploma highlights actions of social inclusion in Montes Claros

For the work of social inclusion carried out with disabled persons, Cemig received homage of the City Council of Montes Claros on December 7th. The diploma was given to the manager of Commercial Relations and Services of Montes Claros – DO/MC, Evandro Magalhães Dantas, who represented the Company.

The diploma was given during special session of the City Council that celebrated the *International Day* and the *Worldwide Day of Disabled Persons*. Several public and private companies and institutions that perform on activities of social inclusion of disable persons in the city received the diploma.

For DO/MC's manager, the presence of two employees carriers of special needs at the Management - one contracted by an open competition and another one a temp - qualified the Company for this homage. For DO/MC, the recognition reinforces the Company's social commitment, encouraging even more this practice.

People's Energy

Monthly Newsletter for Cemig's employees

Published by the Superintendence of Entrepreneurial Communication (CEI) in partnership with the Superintendence of Human Resources (RH)

Internal Mail: SA/19º/B2 – Phones: 3299.4949/4087/4089/4082 – e-mail:

energiadagente@cemig.com.br

Editor in chief:

Luiz Henrique Michalick

Reg. no. 2211 SJPMG

Edition's Coordination: João Batista Pereira, Terezinha Crespo de Rezende e Tatiana Rezende.

Editorship: João Batista Pereira, Tatiana Rezende, Ana Paula Morais, Carlos Henrique Santiago, Karina Castro, Rodrigo Borges, Luiza Campos, Vanessa Mol, Lyderwan Santos.

Final Edition:

Pauta Comunicação & Marketing

Editorial Staff: Clodsmidt Riani Filho, Elizeth Nunes, Lúcia Fátima Ramos, Maria Aparecida Barbosa, Geisa Marques S. Boonem Maciel, Marilene Teixeira Amorim, Afrânio José Mascarenhas Marques, Ruth de Abreu Marinhos, Andréa Cristina Nunes Faria e Carlos Renato de Almeida.

Photos: Ronaldo Guimarães, Eugênio Paccelli and collaborators.

Graphic Design: Cláudia Tartágua

Photolyt: Formato

Printing: Gráfica Real

Issuing: 11.000 issues

The Best Energy of Brazil

The Best Internal Newsletter 2006 MG

CEMIG'S MISSION: To perform on the energy's sector with profitability, quality and social responsibility.

PAGE 3

HARD-WORKING

Thanks to the expansion of the Brazilian environmental legislation and to the increasing specialization of the social actors involved on this area, the Management of Environmental Licensing and Evaluation – GR/AL is at full speed.

The work of overcoming obstacles is permanent and the expectations now are to achieve the goal of 100% of Cemig's enterprises licensed by environmental agencies until the end of 2007. At one of the work's breaks, GR/AL manager and current coordinator of the Environment Committee of Coge Foundation, Ênio Marcus Brandão Fonseca, received *People's Energy* and struck a balance of the challenges of the sector. Check it out!

Licensing and environmental evaluation The goal is to achieve 100% this year

CURRENT SITUATION

The environmental legislation is being extended regarding to the demands and, consequently, to the costs paid by the entrepreneurs. This situation is largely discussed by the society because, in many cases, the enterprises can be finished because of the environmental unfeasibility associated to the increasing costs and to the licensing excessive stated period. I believe that the tendency is an increase on the complexity of the relations among the social actors involved because there is a deep specialization and qualification of the *ONGs (Non-Governmental Organizations)*, of the Public Prosecution Ministry, the environmental agencies as well as of the responsible areas for the entrepreneurs' social environmental issues.

CEMIG'S PARTICIPATION

On the context that we found ourselves, the first great issue associated to the environmental legal conformity is the licensing of the potentially polluting enterprises and activities as it is the case of the electric energy Power generation, transmission and distribution. GR/AL is the agency of Cemig responsible for guaranteeing the environment licensing conformity of all Companies' enterprises. Therefore, the Management makes an effort to achieve the regulation of 100% of all enterprises until the end of 2007, including those in operation prior to 1986, date of the introduction of the legal demand for the licensing. In order to achieve this goal, all licensing processes regarding Cemig have already begun and are on course at the environmental agencies.

IMPORTANCE

The licensing process has adherence with the guidance of *Sox* project, which objective is to adequate the Company's internal controls to better practices of governance. This allows also the acquisition of environmental certificates of ISO systems, once have a license is a requirement for having the certificate. Three new

service instructions prepared by GR/AL have also been approved: environmental licensing, granting licensing and deforestation licensing. These services instructions discipline competences and procedures for Cemig's different areas and guarantee management instruments and control of these processes.

EVALUATION

Another important front of performance is associated to the environmental evaluation and includes the situation of the assets and liabilities of the new enterprises of the Company's interest, whether it is by means of studies for participation on auctions, or by means of purchase of existing assets, as happened with the acquisition of participations on Light and TBE. We have skilled professional to accomplish the *due diligence* (audit for acquisition of assets) of the environmental aspects that, if they are not identified accordingly, they can impact severely the operational results expected from the new asset.

PARTICIPATION

GR/AL participates of several environment work groups in the electric sector, such as, for instance, Coge Foundation, Cigré (National Brazilian Committee of Power Generation and Transmission of Electric Energy), Cepel (Electric Energy Research Center), ABCE (Brazilian Association of Electric Energy Concessionaires) and EPE (Energetic Research Company). It is important because the pressure of the external actors affect on a similar way the companies of the electric sector, encouraging the promotion of forums for exchange of experiences. Because of its known competence, Cemig is always invited to participate on these events of debates and work of the issues related to the environmental licensing and other co-related issues.

OUR PEOPLE

ELECTRICIANS SAVE THE LIFE OF A MOTORCYCLIST

On December 25th, the electricians of Aerial Lines and Networks II, Cristiano Anchieta Ferreira and Marcos Giovani Vilas Boas, of the Management of Commercial Relations and Services of Pouso Alegre – DL/PA, put into practice what they learnt on the course of First Aids done at the Company and saved the life of Edson, a motorcyclist of 20 years-old, who suffered a severe accident on the highway MG-347 that connects the counties of São José do Alegre to Pedralva in the South of the Estate.

The electricians were passing through the highway when they found the motorcyclist lying on the lane. He said that as the lane was slippery he lost the control of the motorbike and fell. Cristiano and Marcos applied the techniques of first aid on Edson that showed severe injuries and was complaining of pain on his right leg. “We immobilize the victim and gave the first aid. While we were waiting for the ambulance Edson had a heart failure. Without losing our nerves and the control of the situation we chose to give a heart massage and, thanks to God, he came back”, said Cristiano Anchieta Ferreira.

The victim was taken to the School-Hospital of Itajubá where he stayed until he recovered completely. According to Cristiano Anchieta Ferreira, the motorcyclist thanked the action of the electricians. “Their help was vital, a true Christmas gift that saved my life”, he pointed out, touched. For Marcos Giovani Vilas Boas, to have helped the motorcyclist was a gratifying gesture. “Despite the tension at the time of giving the first aid the feeling of helping to save someone’s life is very good. The first aid training was worthwhile”, he guaranteed.

Cristiano Anchieta Ferreira
Marcos Giovani Vilas Boas

HIGHLIGHT

Managements chose the best of 2006

The managements of Commercial relations and Services of Uberlândia – Do/UL, of Triangle’s Planning and Expansion – DO/ET, of Triangle’s Operation and Maintenance – DO/MT and of Commercial Relations and Services of Patos de Minas – DO/PM carried out, in December, the award of the distinguished employees of 2006.

The objective is to homage the employees that, by their performance throughout the year, demonstrated initiative, commitment, respect, team’s spirit, participation, achievement, safety, communication and ethics on the performance of their activities and in the relationship with co-workers and customers.

The choice was done by individual vote with the participation of all employees. “In an environment where we seek more and more to improve the excellence of the service to our customers, we can not forget to highlight those that contributed to guarantee the quality of the services that we provide”, points out Do/UL’s manager, Edélcio Antônio Martins.

In the opinion of the electrician Alexandre José dos Santos, of DO/UL, one of the most voted one, it is important to know that Cemig's employees' performance is recognized and valued by the Company.

The following employees were honored:

- **DO/UL:** Ademar Silva Ramos, Alexandre Guimarães Moreira, Anselmo da Silva Melo, Edvaldo Medeiros Nery, Elizabeti Marques de Queiroz, Eurimar Martins de Souza, Ivair Umbelino da Costa, José Ricardo da Cunha, Tânia Marise de Souza Campos, Valério Gontijo de Sá e Valmir Amaral Cunha.

- **DO/ET:** Anávio José da Silva, Blúnio Elias da Silva, Josemir Carneiro, Júlio César Moreira Maia, Lenilton Izaias Ferreira e Nelson Gonçalves Pinheiro.

- **DO/MT:** Adevaldo Barbosa Carneiro, Anízio Quedmar de Souza, Emmanuel José Bernardes, Espedito Gonçalves Júnior, Fabiano Ferreira Machado, Geraldo César Alkmim Oliveira, Hueliton Paz Oliveira, José Antonio Ferreira, Juliano Aparecido dos Reis, Marco Aurélio da Silva Ferneda e Sebastião Ribeiro da Silva.

- **DO/PM:** Cláudio Nogueira da Silva, Denise Helena Beluco, Edmar Nunes Ferreira, Reginaldo Ferreira de Moraes e Rogério de Castro Borges.

DO/PM

DO/ET

DO/UL

VOLUNTEERS

Seeds' planting

As another initiative of social responsibility, Cemig donated 103 seeds of trees for recomposition of the ciliary forest of Furninha's brook, a tributary of São Lourenço's river that supplies the city of Ituiutaba in Minas Gerais Triangle. The seeds were planted by employees (*photo*).

Thanks

Uberlândia's Asin thanks everybody who donated products of cleaning, personal hygiene and groceries in 2006. The products were delivered on December 5th to *Fraternidade Assistencial Lucas Evangelista – Fale* – a Fraternity -, entity that houses HIV positive in Uberlândia, as one of the actions of Day V (*photo*).

Donations

In Uberlândia, the program Asin donated two computers for the assembly of the computer room of the institution Child Mission that assists children and young people on situation of risk in the city (*photo*). Five computers and a printer have been donated, besides furniture. The resources for the room assembly were acquired during a St John's day party, promoted by Asin last year.

Collective effort

In Ituiutaba, Cemig's employees underwent, for three months, a diet in which the lost kilos were reverted into money to benefit children of São Francisco Home (*photo*). At the end of the Kilo Collective Effort, R\$200.00 were collected. Initially, there were 23 employees. From these, eight stayed until the end.

Educational Program encourages qualification

Cemig's Education-Aid program is an encouragement to the employees that seek professional qualification. The program that has been installed for a year and offers cost of living allowance for the qualification on technical and graduation courses, present conditions to become permanent on the Company.

To receive a refund of R\$500.00 per each semester attended, the employee has to obey to some criteria: do a course that is related to Cemig's businesses and that is recognized by the Ministry of Education – MEC. The employee cannot have committed any penalty at the Company for the past 12 months and have had achieved a minimum grade of C on the last performance evaluation. This year, differently from 2006, the vacancies are unlimited.

According to the analyst of the Management of Development of Human Resources – RH/DH, Elizete Maria Torres, the Education-Aid reaffirms Cemig's commitment with the employee. "The program proves that the human resources'

policy is aligned with the practices adopted once it encourages the qualification and the professional and personal growth”, she points out. Elizete also highlights that it is through the employees that Cemig achieves success, therefore the importance of investing on them.

The analysis of the first year of the performance of the program showed significant results. People that did courses that were not recognized by MEC changed of institution. Some faculties that did not have their courses recognized by MEC showed their interest in changing their situation and many employees started or went back to study because of the Education-Aid. Besides that, some employees present relevant improvement on the frequency and grades after that they started to receive the benefit.

According to the analyst of Development of the Superintendence of Human Resources – RH, Maria Clarice dos Santos, institutions of the city center and the countryside came to Cemig to get to know and to praise the initiative. “The Education-Aid is a way quite efficient of investment on the human capital, mainly because it is supported by a Company committed with the social development and with the citizenship recovery. It is a program that came to stay”, she observes.

Criteria of participation

- The course has to be recognized by MEC or by any another institution officially accredited for recognition and be related to the Company’s businesses.

- The employee has to be in full command of his activities and not have committed any penalty at the Company for the past 12 months.

- During the course the employee has to present minimum frequency of 75% and minimum grade of 60% and be approved on each subject per semester. The priority is for those who are taking the course for the first time.

- The employee has to finish the course on a regular time according to the school regulations and he has to have had a minimum concept of C on the last performance evaluation.

SERVICE

Customer Service Agency in Uberlândia

The customer in 1st PLACE

Lindolfo José Barbosa uses Cemig's customer service center in Uberlândia for more than five years. Employee of a real estate company, he always needs the services given by the agency and guarantee that there has been a significant improvement on the services of the last months. Lindolfo's perception is a result of the changes installed in 2006 by the Management of Commercial Relations and Services of Uberlândia – DO/UL, at the biggest service center of the Collegiate of Minas Gerais Triangle.

Among the new adopted procedures there is the specialized service to carriers of special needs, more specifically to carriers of deafness that represent 1.7% of the 1.9 thousand customers serviced monthly. The work is carried out by the attendant Paulo César Lima who used to work as a facilitator on the communication with these public. He is about to conclude a qualification course, offered by SESI, of specialists on this field.

Improvement

Another action accomplished was the technical improvement of the attendants through training offered by the Technical Nucleus of the Triangle's Collegiate. Aparecida de Fátima Borges, attendant for 16 years at the agency of Uberlândia, said that the qualification was essential to increase the assurance of the re-pass of information. "It is very good to have knowledge and be able to solve the customer's problem fast", she points out. "Besides, the interaction with the technicians was necessary so they could get to know our work's routine as well as our limitations. We will now be able to help us on an easier way", she believes.

The customer Lindolfo José Barbosa points out that the service has also improved because of the new arrangement of the agency's physical space. Nowadays, the receptionists stay at different places: the ones of the "Can I Help you" are at the reception room and the ones with the password tickets are at the waiting room. According to him, this made easier to direct the customers to the correct sectors, improved the appearance and the functioning of the space. For DO/UL's commercial agent, Sara Salomão Melo, the receptionist of the waiting room can now observe better the reaction of the people, and this way, identify the problems to be solved.

Sara Melo points out also the importance of the whole process. For her, besides the customers' satisfaction, there is, from the attendants, more commitment with the public once they worry about passing on the information on a responsible manner. "We try to establish a relationship of co-operation and trust with our customers", she says.

Power Plants of South strike a balance of 2006

The Management of Power Plants of South-Center – GA/CS promoted on December 14th and 15th a closing event of the year. The meeting, held at Residential Villa Club of Itutinga's Plant, had the presence of about 70 employees.

On December 14th, the managements of Development of Human Resources – RH/DH and Management of Entrepreneurial Processes – GE/PE run lectures about personnel management. On the 15th was done a presentation of the main achievements of each area of the management, followed by the delivery of the certificates to the plants that achieved the goal of accident zero.

There was also homage to the employees of the Management of the Plants of South-Center that completed 15, 20 and 25 years of service and to the ones that were elected, by their own co-workers, a team's distinction of the management throughout the year.

“For five years on end, an election was carried out among the co-workers of GA/CS to choose the outstanding employees and we took the opportunity to announce the names and pay homage to them”, points out the engineer of GA/CS's Mechanical Maintenance, Demétrio Alexandre Ferreira.

At the end of the confraternization, the manager of the Plants of South-Center, Gilberto José Cardoso, highlighted the importance of the event. The employees that received a certificate were: Ézio Camilo dos Passos Belo (Operation of Big Hydroelectric Plants), Antônio Carlos da Silva (Maintenance of Big Hydroelectric Plants), Mauro Natalino dos Santos (Operation of Small Hydroelectric Plants of Southeast), Álvaro Machado Filho (Maintenance of Small Hydroelectric Plants of Southeast), Luiz Sérgio Pereira Lima (Operation of Small Hydroelectric Plants of Southwest), Edir José da Silva (Maintenance of Small Hydroelectric Plants of Southwest), Nelson Deotti de Barros (Support Center to the Power Generation), Maria do Carmo Malaquias (Administrative Co-ordination) and Júlio César Giovannoni Martins (driver).

QUALITY

All big power plants have a certificate

The year of 2006 was very special for Cemig regarding to quality's certifications, environment, health, safety and internal management system. The Company obtained 13 new certificates and confirmed 26 certificates through carried out audits.

With that, all big power plants are already with a certificate, except Igarapé, its most recent enterprise. The information is from the Central Core, belonging to the Superintendence of Environmental and Quality Coordination – AQ, responsible for the installation of the Company's management systems.

According to the Core, ten of Cemig's power plants have already a certificate given by *Bureau Veritas Certification*. From these ten, eight have the *Management Integrated System – SIG*, what means that they fulfill the requirements of more than one rule, whether it is of quality (*ISSO 9001*), environment (*ISO 14.001*), safety and health (*OHSAS 18.001*) or internal management system (*SGA Level 1*), created by the Company based on *ISO 14.001* and the *Manual of the Management System*.

Hydroelectric Power Plants

The hydroelectric plants that received certificates in 2006 were: Três Marias, Jaguará, Volta Grande and the thermoelectric of Igarapé, besides the Environmental Station of Volta Grande. Both power plants and station fulfilled SIG's requirements.

Efficientia was also given a certificate in conformity with the requirements of *NBR ISSO 9001*. It is the first company of Cemig Group and the first of energy services of Brazil to be recommended for a certificate by *Bureau Veritas Certification*.

Last year, 29 areas of Cemig had also their certificates updated, among them the environmental reserve of Galheiros. For this year, it is foreseen the installation of the management system at other 14 areas of the Company. One of them is the power plant of Irapé that started its operations in December.

Importance

According to AQ's superintendent, Luiz Augusto Barcellos, all the effort for the installation of the management systems is done because, besides being a market's demand, having a certificate guarantees benefits to the employee, to the Company and to the customers.

The reduction of *re-work*, the balance on the services – in order to maintain the same quality in all of them – and the continuous search for improvements on the implemented processes are some of these benefits. "If today we are well evaluated by Dow Jones, for instance, it is because we have a strong system of certificates that assures the Company the best management practices", he observed.

Cemig – certificates

Distribution

110 counties with *SGA Level*.
77 counties with *SIG*.

Transmission

57% of transmission lines above 230 kV, in conformity with one of the management systems.

Power Generation

10 biggest Cemig's power plants with a certificate – eight of them with *SIG*.

Employees

60% work with processes that have already a certificate or a under installation.

Central Core

GA/NT – Três Marias

GA's Managements gathered at the event

SAFETY COLUMN

Tree pruning, a procedure of safety

The tree pruning is done throughout the whole year. According to the Environment analyst of the Management of Engineering and Maintenance Coordination – OM/EM, Pedro Mendes Castro, the process begins with the habitual inspections of the distribution urban networks, carried out twice a year. “On this occasion, besides of detecting the need of maintenance on the network (change of isolator, replacement of crossheads, among other services), the inspectors check the need of tree pruning of trees that are causing or can cause trouble in the future interruptions or other to the networks”, he explains.

The procedure adopted by Cemig is known as directional pruning, that is to say, it directs the growth of the trees’ branches to out of the conduits of the distribution network. “It is a procedure adopted at all concessionaires worldwide that have aerial distribution networks and it applies very well to the species known as sympodial growth (they grow forming tridents, as the *tabebuias*, *ironwood* and *caesalpinia peltophoroides*). For other species known as monopodial growth (chestnut-trees and Brazilian pine-trees), this procedure is under risk when the tree is aligned to the network’s conduits”, explains Pedro Mendes.

The pruning is done to avoid interruptions in the supply of electric energy and to prevent accidents that can put people’s life at risk once a fall of a branch can break a conduit that can fall energized on the ground, causing more serious trouble to the people and to the public or private property.

According to Pedro Mendes, all pruning should be done by the city halls since it is a public property under the responsibility of the municipal administration. However, he observes that, as the majority of them are not equipped and qualified to accomplish such task, Cemig takes over this attribution in the cases characterized as an electrical risk.

“One of the objectives of the pruning is to avoid that the energized conduits close to people and to properties break. Besides that, we need to do the pruning before somebody find himself capable of doing it and dares to do it and puts his and other people’s safety at risk. It is important to point out that only Cemig’s professionals or people hired by it can do the pruning”, Pedro Mendes ends.

VITAL ENERGY

Cemig’s athletes in São Paulo

Employees participate of São Silvestre Marathon

A group of seven Cemig’s employees ended the year o 2006 running, literally. Together with 13 thousand athletes they participated of the 82nd International Marathon of São Silvestre, held in the afternoon of December 31st in São Paulo. The marathon went by under heavy rain and the Company’s runners – five men and two women – completed the 15 kilometer of the route at the maximum time foreseen in the regulation and they received medals. For those who watched the event on the television could see the banner with the saying Cemig Vital Energy that the group showed at the start.

Classification

Two women represented Cemig at the marathon: Denise Ferreira, technician of the Management of Hydroenergetic Planning – GT/PH, and Rosângela Rizzo, a Computer programmer of the Management of Supply of Solutions of Telecommunications and Information – TI/PS. Denise's time was 1h26 and Rosângela's 1h55min19s.

Among the men, Mateus Rocha, electrician of Aerial Lines and Networks of the Management of Construction Services and Maintenance of the Center Distribution – DC/MC, ended the route in 1h03min32s, getting the best qualification among Cemig's athletes and the 1.078^o place for men, in general, at the marathon. Gilberto Fonseca, technician of the Supervision of Electrical System of the Management of South Operation and Maintenance – DL/MS, arrived together and got the 1.079^a position.

The electricians Robson Desidério, of the Management of Engineering and Maintenance Coordination – OM/EM, and Walter Ramos, of the Management of Emergency and Commercial Services of the Center Distribution – DC/SE, ended the competition in 1h06min48s and 1h09min46s, respectively. Geraldo Campos, DC/SE's administrative technician completed the route in 1h17.

Not even the rain that cause some discomfort to the runners, with puddle water formation on the avenues, discouraged the group. Robson Desidério guarantees that many athletes, including him, prefer the rain than the sunny weather. "When it is hot it gets too dry and it is more difficult for me. I am like Ayrton Senna, I prefer to run in the rain", he kidded.

For Rosângela Rizzo, the rain left the uniform and the snickers heavier. Even though, she believes that it was worthwhile to participate. "I enjoyed it very much and I intend to participate other times. The feeling of completing the competition is fantastic".

Mateus Antonio Rocha, Walter Ramos dos Santos, Robson Marcos Desidério and Gilberto Fonseca

Rosinei's guidance of habits for a healthy life

Carrying a stereo on her hand, the administrative technician of the Management of Commercial Relations and Services of Varginha – DL/VR, Rosinei dos Reis Oliveira (*photo*), has the habit of starting the day with a lot of energy. For seven years she has been applying her knowledge guiding her co-workers on posture, sports' practices and healthy life habits through labor gymnastics.

Majored in Physical Education at University Center of the South of Minas Gerais – UNIS/MG, Rosieni does physical exercises since she was a child. She says that when she realized all the benefits that the exercises had added to her life she then began to wish to share with other people the good feeling of it. "It is very gratifying to be able to use the knowledge that I have acquired to help my co-workers", she says.

Who takes part on the morning exercises perceives clearly Rosinei's vital energy. With a flare for the practice of physical exercise, she abuses on the creativity to vary the exercises. The program's diversity that works on different muscles and organs of the body makes the activity more interesting and it attracts more and more followers.

The gymnastic increases the sensation of well-being and makes the practitioner less susceptible to illnesses. Rosinei points out that the physical exercise contributes for life's quality at work as it reduces the occurrence of occupational illnesses and promotes the relaxation reducing the stress.

Physical exercises in Varginha

Tips for runners

- 1) Never do the same training. Besides of the fatigue and the monotony you do not improve your timing and resistance.
- 2) If possible, do not run every day with the same snickers. The ideal is to give an interval of 48 hours so the snickers can maintain the capacity of impact absorption.
- 3) Cemig's 2nd Ranking of Runners has already started. This year, it will be nine meetings that will be held on the first Sunday of each month. The objective is to train for Pampulha's Round and Cemig BH 10km Marathon. The next meeting will be on April 1st at 9 a.m. The start will be in front of Pampulha's Church.

Information: 3388.0441

Mateus and the taste for athletics

The electrician Mateus Antonio Rocha (*photo*) of the Management of Construction Services and Maintenance of the Center Distribution – DC/MC arrived in 2nd place at Cerrado's 2nd Half Marathon, competition of 21 kilometers on December 10th. Mateus conclude the competition in 1h25min12s. In November he participated and arrived in 1st place of his category at Cemig's Vital Energy BH 10km held in order to celebrate Belo Horizonte's anniversary (*photo on the right*).

Mateus started to run in 2004 and fell in love with the sport. Everything started, he says, when he participated of athletics' activities at Sipat. From that time

on he has not stopped. He has already participated on several competitions around Brazil. He participated on the International Marathon of São Silvestre of 2006/2007. The aim of Mateus now is to train to compete to be among the best three runners of his category, from 50 to 54 years-old. One of his plans for 2007 is to compete on a marathon, probably Curitiba's. São Paulo's, he guarantees, is also a good option.

RH COLUMN

Special Paternity Leave

Special Paternity Leave is the benefit given to the employee for a period of 30 days when the mother cannot assist the new-born, son/daughter of a Cemig's employee. It can be given since there are no other ways of assistance, by relatives or others, and against specific documentation.

The period of the paternity leave can be delayed against analysis of the medical service and/or social service of the Management of Work Safety, Health and Welfare – RH/ST.

The communication to the Management should be done immediately or until two working days from the impossibility of the mother to give assistance to the newborn. The worker's management will communicate to RH/ST in order to take measures accordingly.

For more information
talk to *IP – 10.6*,
of 04/06/2005.

HEALTH

Hanseniasis: a special day to fight against the disease

January 29th is considered the World Leprosy (Hansen's Disease) Day. Every year the date is dedicated by the worldwide health services to the propagation of messages to the population about the disease because it is important to understand to be able to help to explain.

The Hansen's disease is a skin and nerves disease that is transmitted through the breathing, in contact of an ill person that is not under any treatment. There are some indications that can identify the Hansen's disease:

- Skin spots that do not hurt, bother or itch.

- Numbness or itching.

- Burn or cut yourself without feeling any pain.

The Hansen's disease has cure and, the sooner the diagnosis is done the faster is the cure and the easier is the treatment.

ENVIRONMENT

Electricians protect humming-bird's nest

The electricians of the Management of Commercial Relations and Services of Varginha – DL/VR, Cláudio Moscardini and Eli Lino de Mendonça, found on January 4th, a humming-bird nest inside of a lamp at Joaquim Três Pontas avenue, in Boa Esperança, in the South of the Estate.

Installed on a sodium steam lamp of 400W, the nest was found as soon as the electricians arrived to attend a complaint of turned off public illumination.

To avoid the destruction of the nest and the interference on the nestlings, the team kept the lamp intact and they installed, temporarily, a new lamp that will stay at the place until the humming-bird can conclude its procreation's cycle of the species.

Careful with its nestlings, the humming-bird followed closely the service carried out by the electricians flying close to the lamp. Certainly, it was very happy with the curious "arrangement" made by Cemig's team.

What to do to take care of the skin in the summer

The skin is the biggest organ of the human body and it answers, in average, for 16% of our weight. It is a sensorial organ by which we receive stimulus through the touch as well as sensations such as pain and temperature. Having in mind that, it is possible to understand why everything that affects our nervous system affects also our skin: stress, worries, anxiety, fatigue and strong emotions.

In summer, the care with the skin should be even bigger. It is what the specialists advise in order to keep a healthy skin, even with the increase of exposure to the sun. People react differently to sun exposure even they sunbathe together (at the same time of the day and with the same period of time). The advisable is to be exposed to the sun only before 10 a.m. and after 4 p.m., even so with moderation and wearing a sun-block, including for the lips.

The excessive exposure to the sun can lead to burns, an acute reaction caused by the ultraviolet rays (mainly the ones of type UV-B) emitted by the sun. This reaction is not immediately perceived and, usually, it appears some hours (from two to seven hours) after the extended exposure. The 1st degree burns are usually limited to redness, call erythema. The second degree burns provoke, besides the redness, a sensation of pricking and heat, swelling (edema) and formation of bubbles (micro-bubbles) or blisters, depending on the intensity of the exposure and of the skin's type.

Another problem from the excessive exposure without appropriate protection is that the person become more vulnerable to skin cancer and to the premature coetaneous ageing (or photo ageing), induce by the sun. The skin of older people, as the babies', is finer and produces less oil, that is to say, it is more vulnerable to external aggressors an to dryness. In both cases, there should be special care for a better hydration and protection.

On the other hand, the lack of sunlight on the skin can also have unpleasant consequences. The coetaneous absorption of the sunlight transforms the pro-vitamin D into vitamin D that stimulates the intestinal absorption of calcium and phosphor, two essential minerals for the bones. The lack of sunlight on the skin can lead to rachitis and to osteoporosis, and the efficiency of the drugs to fight against it is related to the association with sunlight and physical activity. Besides that the incidence of little sunlight on the skin increases the tendency to depression.

How to avoid sunburns

- Regardless your skin type, do not sunbathe from 10 a.m. to 4 p.m.
- Do not expose yourself to the sun for an extended period of time.
- On cloudy days, the photo-protection should also be done. Although the sun is covered, 80% of the ultraviolet radiations reach Earth's surface.
- Some drugs react to sun's exposure (photo-allergy). Talk to a doctor and avoid self-medication.
- Do not wear homemade sun-blocks and do not have contact with citric fruit (lemon, fig, pineapple, orange, etc.) before sunbathing. These fruit have substances that react to sun's exposure and become photo-sensitizing. They can provoke burns and stain your skin.

- Chemical Substances are also photo-sensitizing. Be careful with perfumes (for instance, those with water mint essence) and sun-blocks (for instance, those made of fig or annatto's leaf).
- Wear appropriate sun protection (sun-blocks, hats, t-shirts, sunglasses, etc.).

INFORMATION's SAFETY

It can be a virus

Sometimes your computer locks or slows down?

Some of the peripherals (printer, mouse, etc.) or software, such as the Word does not work and you do not know what to do?

It could be a virus!

Viruses are programs developed with malicious purposes that accommodate themselves at some programs or files, they self-multiply and make in your computer actions that you have not demanded and/or you do not wish, with the aim of damaging the performance of the machine, corrupt or steal data.

Nowadays, there is about 200 thousand viruses registered circulating on the Internet. As well as the programs, the viruses also evolve in terms of techniques, always with the aim of making difficult their track down or to increase their power of destruction.

The infection of a computer happens, mainly, through attachments on e-mails, chat programs, pirating software, and websites of dubious sources, infected CDS and floppy disks or even by other computers of a same network.

The most widespread viruses are hidden in programs attached to e-mails that seduce the user through incredible offers or images that rouse great interest such as erotic photos of celebrities, among others. When they are put to work they start to send copies to other computers via e-mail.

Besides of the viruses, there are worms that damage also the performance of the computer and destroy files. They alone transfer themselves from one computer to another without any action of the user to be attacked. It only needs that your computer is connected to the Internet.

There is also, Trojan-horse, a kind of virus that comes disguised of a game or a program. When it is installed it can erase the content of the hard disk. It is more used for stealing the sending of personal information and financial tricks.

How to protect yourself

Before this variety of threats it seems obvious the need of a defense strategy, without turning it into a paranoia in regard of the information safety. In the same way that in real life there is no total safety and that we can adopt measures that make more difficult the action of the enemy and minimize the possibility of unpleasant surprises, in the computing world we can also prevent ourselves. But it is essential that all users become aware of the dangers and of the means of existing protection.

How to be wary and avoid headaches

1. Install an anti-virus program and keep it always updated.
2. Run the anti-virus on the floppy disks and CDs before using them.
3. Use an original operational system and keep it updated (if you use Windows, access the website windowsupdate.microsoft.com that has fixing tools for the system).
4. Suspect of the attachments that arrive through e-mail, even they are from known senders.

5. Be careful with download files from Internet websites or the ones got from programs such as KaZaa, e-mule, among others.
6. Avoid the download of screen savers.

PEOPLE'S ENERGY

Av. Barbacena, 1.200 - 19 ºandar
(31) 3299 4089 -3299 4087 -3299 4082
Fax: (31) 3299 3706
energiadagente@cemig.com.br