



The Messenger

Why attend your MASMS Monthly Chapter Meetings?

The true value of MASMS is going many times, for months and months or years and years.

MASMS meetings all provide the potential to meet new people and learn new things, however the real value of MASMS is larger in scope. Being active in MASMS for a length of time has many advantages including the following:

- Over the years, being a MASMS member you will meet great people, many of which may become good friends and will learn an enormous amount about the industry as a whole.

Get your share of the chips! Sign up now to attend your MASMS Monthly Meetings!

DoubleTree by Hilton Minneapolis North, 2200 Freeway Blvd, Minneapolis MN

You can still register for the January 9, 2018 meeting.

Noon Keynote Speaker ~ Gaye Hanson **IGNITE Your Life!**



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Kain Smith, State Secretary

If you would've came up to me 10 years ago and told me I would end up being an evening custodian and work my way up to a Buildings and Grounds Manager running a district I would've busted a gut laughing and said you were nuts. It's amazing how life can throw you a curveball when you least expect it.

I was living a good life managing a company I loved one minute, and then the next minute the company was bought out, moved out of state, and I was out a job. I was fortunate enough to be chosen out of a group of people just as worthy as myself to be an evening custodian (only to find out later that I wasn't the first choice) and I never looked back.

I owe a lot of people credit for being where I am today. An understanding Finance Director willing to give me a chance. An incredible Buildings & Grounds Manager before me willing to share all his knowledge with me.

Finally a great organization called MASMS that gave me all the resources I needed to be successful. I recall something The Great Joe Arthurs said at one of the fall conferences a few years ago "If you can't find the answer you're looking for in this group chances are you won't ever find it". That quote is so true because there are so many experienced members in this group that are willing to share their experiences and wisdom. Then you throw in all the learning sessions we have at the monthly meetings, the state meetings, and the fall conference and it all adds up to success.

If you truly want to be successful in this field I can't think of a better organization to be a part of than MASMS. I'll take it one step farther not only should you be a member but you need to be active in the organization. Attend the monthly meetings whenever possible and take advantage of the learning sessions that are provided. Here are some dates for upcoming meetings and days you should mark on your calendars:

State Meeting January 9th

Custodial Days: June 13 & 14, Metro at White Bear Lake; June 19th Northern/NW/West Central at Grand Rapids; June 21st, Southern at Mankato;

I'll step off my soap box now because anyone that knows me knows this really isn't my thing. I'm more of a quiet guy that likes to stay under the radar if you will. So I'll end with this MASMS is a great organization started by great people with a greater vision. We need to continue this great vision by taking advantage of what MASMS has to offer everyone and for everyone to contribute what they can to the organization.

Have a great day,
Kain Smith

WELCOME NEW BUSINESS MEMBERS

Paul Lealos, Everest Material Handling
Jeff Birks, Elevated Surface Cleaning
Trent Masog, Del Zotto Products
Jeff Hafner, Rainbow Treecare
Laura Sheehan, Merit Contracting

Vendor Corner

*Mike Remington, Inspec
MASMS Vendor Representative*



New Year's Resolutions for Business

With the New Year, it is a great time to consider setting some goals for improving yourself and your business:

- **Develop and Strengthen Relationships:** The most important asset for you and your business is your relationships! It is important to work hard not only at trying to develop new relationships with customers and other vendors, but also work on strengthening the existing relationships you already have developed. Like any relationship, you need to put some effort and thought into it for it to truly succeed. If you take a relationship for granted it can often fall apart.
- **Improve People Skills:** Strong people skills are critical for delivering good customer service and communicating with people about who you are, what you do, and how you might be able to help someone. If needed, line up some training or coaching for you or your employees related to improving people skills. Encourage people to get out of their comfort zone a little bit and get more involved in doing presentations, trade shows, or other opportunities. Make a concerted effort to improve speaking and presentation skills in 2018. Consider submitting an educational presentation for the MASMS Fall Conference or one of the many Chapter meetings.
- **Talk to Customers/Clients More:** Try to find ways to engage with your customers or clients more often throughout the year. We all want to deliver the product or service that our customers want, but we need to talk with them to best understand what their needs are. Talking with clients should be a routine part of your business and expected of all of your staff, not just an annual survey. MASMS provides great opportunities for achieving this goal with all of the State and Chapter Meetings and other events throughout the year.

I wish you and your business a Happy New Year and successful 2018!

Thanks, Mike

HEALTH & SAFETY Health & Safety Section



The MASMS Health & Safety Committee supplies information for this section each month. If you have a specific topic you would like to see covered, just let the MASMS office know.

Stay safe while working in the cold

Working outdoors is an inevitable part of the job for many people across the country. And when the temperatures drop, it is important that workers wear appropriate protective clothing.

The Canadian Center for Occupational Health and Safety recommends a variety of tips for employees to follow when working in the cold:

- Wear jackets that are easy to open at the waist, neck and wrists to help control how much heat is retained or given off. If working in wet conditions, be sure the jacket is waterproof.
- Wear a wool cap to help prevent heat loss through the head.
- Keep all protective clothing clean. Dirt fills air cells in



fibers and therefore reduces its insulation abilities.

- Avoid wearing cotton clothes because cotton gets wet easily. Wool and synthetic fibers do better at retaining heat when wet.
- Wear layers of clothing, as the air between the layers provides ideal insulation. Wearing layers also provides workers with the option to remove them if they get too warm or add more if they get too cold. Additionally, ensure the inner-most layer allows moisture to wick away, so sweat does not collect on the skin.
- Wear felt-lined, rubber-bottomed, leather-topped boots. Leather is porous and allows evaporation in boots to keep workers' feet dry.
- Keep extra socks on hand in case yours get wet.



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Long-Term Facilities Maintenance (LTFM) Information Correction

We apologize for providing incorrect information regarding LTFM in our December newsletter, and appreciate the quick response from the Minnesota Department of Education to get us the correct information, below.

The information below in regards to the Long-Term Facilities Maintenance (LTFM) is basically a brief review of old and new Minnesota Statutes in connection with LTFM. Sarah Miller from the MDE has recapped all repealed statutes which included the repealed subdivisions in the old Capital Expenditure; Health and Safety statute (renamed Health and Safety Projects – Minn. Stat. § 123B.57).

As you will see below, Minnesota Statutes, section 123B.57, subdivision 6(a)(5) was repealed. This repealed subdivision included the language “violence prevention and facility security, ergonomics, or public announcement systems and emergency communication devices.” Minnesota Statutes, section 123B.595, subdivision 11(4) - **Restrictions on long-term facilities maintenance revenue**, retains all the repealed language **except “public announcement systems.”** Therefore, LTFM may not be used for “violence prevention and facility security, ergonomics, or emergency communication devices.”

Minnesota Statutes, section 123B.595, establishes the Long-Term Facilities (LTFM) Revenue Program for school districts, intermediate districts, other cooperatives and charter schools. This program replaced Health and Safety (H&S) Revenue, Deferred Maintenance Revenue and Alternative Facilities Bonding and Levy Programs. Minnesota Statutes, sections 123B.59 – Alternative Facilities Bonding and Levy Program and 123B.591 – Deferred Maintenance Revenue **were both repealed** (1Sp2015 c 3 art 6 s 14).

Minnesota Statutes, section 123B.57 – Health and Safety Projects repealed (by amendment) subdivisions 1 through 5 and 6 (a), 6(b), 6(c) and 7 (1Sp2015 c 3 art 6 s 14). Subdivision 6(a)(5) disallowed H&S revenue for “violence prevention and facility security, ergonomics, or public announcement systems and emergency communication devices.” **This restrictive language was retained, in part, in Minnesota Statutes, section 123B.595, subdivision 11(4) and currently states that LTFM revenue may not be used for “violence prevention and facility security, ergonomics, or emergency communication devices.”**


LTFM for Allowable and Restricted Revenue Uses **Allowable LTFM Revenue**

Minnesota Statutes, section 123B.595, subdivision 10 – **Allowed uses for long-term facilities maintenance revenue**, A district may use revenue under this section for any of the following:

deferred capital expenditures and maintenance projects necessary to prevent further erosion of facilities;
increasing accessibility of school facilities;
health and safety capital projects under section 123B.57; or
by board resolution, to transfer money from the general fund reserve for long-term facilities maintenance to the debt redemption fund to pay the amounts needed to meet, when due, principal and interest on general obligation bonds issued under subdivision 5.
A charter school may use revenue under this section for any purpose related to the school.



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The free gift ~ Laughter!

Benefits of laughter...

They say laughter is the best medicine and with the pressures of today's world, we could all use a good laugh! Laughter is truly good for the mind, body and spirit. One of the greatest things about laughter is that it is free and available to anyone at any given time. It helps strengthen the immune system, boosts energy levels, helps diminish pain and protects you from the negative side effects of stress.

According to an article entitled, *Laughter is the Best Medicine: The Health Benefits of Humor and Laughter* posted on helpguide.org, a hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. Laughter also improves your resistance to disease by decreasing your stress hormones and increasing your immune cells and infection-fighting antibodies.

Laughter is also good for the body as it releases endorphins leaving you with an overall sense of well-being. This site also stated that laughter may help protect you against a heart attack and other cardiovascular problems as it improves the function of blood vessels and increases blood flow.


Dr. Cindy Solliday-McRoy, a clinical psychologist says, "Laughing gives the lungs and heart a workout, strengthens the immune system, thins the blood and dilates the blood vessels." Norman Cousins, author of *Anatomy of an Illness as Perceived by the Patient*, referred to laughter as "internal jogging"!

Aside from all the physical benefits of laughter, it is good for your health mentally and socially. While you laugh, you are unable to feel anxious, sad or angry. You immediately become relaxed and reduce your stress level. Laughter also makes you more approachable and helps strengthen relationships. It is good for group bonding and helps defuse conflict. So, take the time for a good laugh, let your guard down and allow yourself to laugh and have fun.

Find ways to bring laughter into your daily life—smiling is a start—as it is the beginning of laughter! Bring humor into your conversations!

Laughter is contagious, so share this free gift with others each day!






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Approximately 400 MASMS members read this newsletter each month!

With that in mind, keep this in mind ~

MASMS accepts articles for the MASMS Newsletters from our members (both business and educational members). Articles received before the 25th of each month will be considered for the following months publication. If we have too many articles, they will be held and used in an upcoming month.

We ask that any article submitted be educational and generic in nature – they can relate to products or services you provide, but not specific to brands. Any mention of specific companies or brands will be removed before use. Articles that pertain to specific issues in schools would be good.

If the article is used, you and your company or school will receive the byline on the article. Articles should not be more than one page in length (if possible). Pictures are great.

Please try not to submit PDF files, as they need to be converted, and that does not always work well!

If you have any questions, please just contact the MASMS office (320-685-4585 or ruth@masms.org).

MASMS Custodial/Grounds/ Maintenance APPRECIATION DAYS

Every June MASMS holds events to show appreciation for the custodial, grounds and maintenance staff from our schools.

The day is filled with education, a trade show, networking, prizes, lunch and fun.

Mark your calendar to send your staff and yourself.

June 13th & 14th
Metro at White Bear Lake

June 19th
Northern/NW/West at Grand Rapids

June 21st
Southern at Mankato



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Winter Blues? Have some fun on a January Day!

National Rubber Ducky Day—January 13th
Popcorn Party on National Popcorn Day—January 19th
Pie for Break? National Pie Day—January 23rd
Belly Laugh Day is January 24th—Find Some Good Jokes!
Walking on Bubbles? Bubble Wrap Day is January 30th



Some quotes to reflect on with the new year!

"A person who never made a mistake never tried anything new." --Albert Einstein

"Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary." --Steve Jobs

"Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace. And if you have that...you will have had more success than you could possibly have imagined." --Johnny Carson

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Clean Schools Important to a Positive Learning Environment

Not only are clean schools healthy for student's bodies; they also may be healthy for their minds at well. A study conducted by APPA's Center for Facilities Research, researching the correlation between cleanliness and learning. Almost 1,500 students were surveyed on their opinions regarding cleanliness and their ability to learn and concentrate, specifically relating to a positive learning environment. The study concluded:

- 88% of students became distracted when areas were allowed to show a "casual inattention" to cleanliness.
- 84% conveyed that they preferred at least "ordinary tidiness" or "orderly spotlessness" for a positive learning environment

The study shows the importance of a clean school and how a messy or dingy school may actually impact the students who are trying to learn. Cleanliness ranked in the top four factors relating to the environment that can detract from a positive learning environment for the students.



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January 9, 2018	State Meeting
January 17, 2018	West Central Chapter Meeting
January 18, 2018	Northern Chapter Meeting
February 13, 2018	Metro Chapter Meeting
February 15, 2018	Northern Chapter Meeting
February 21, 2018	Southern Chapter Meeting
February 28, 2018	Northwest Chapter Meeting
March 13, 2018	Metro Chapter Meeting
March 15, 2018	Northern Chapter Meeting
March 21, 2018	West Central Chapter Meeting
April 10, 2018	Metro Chapter Meeting
April 18, 2018	Southern Chapter Meeting
April 19, 2018	Northern Chapter Meeting
April 25, 2018	NW Chapter Meeting
May 2, 2018	West Central Chapter Meeting



MASMS OFFICE

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