



# Minnesota Educational Facility Management Professionals

## The Messenger

September 2017 Newsletter

### The “Tool Box” for Educational Facility Management Professionals

## Fall is Almost Here ~ and so is the MASMS 2017 Conference!

Educational Members—if you have not registered yet, you still can! Just contact the MASMS office at 1-888-429-3884 or go to [www.masms.org](http://www.masms.org) for the registration forms.

### Wednesday Events October 4, 2017

Scholarship Golf Event ~ Wapicada Golf Course

At the St. Cloud Holiday Inn & Suites:

5-8:00 pm Conference Registration; 7:30 pm Business Member Appreciation

Reception & Entertainment ~ Tim Cavanagh, Comedy

### Thursday Events October 5, 2017

Conference Kickoff & Keynote Speaker Tom Esch “Now Go Leap Tall Buildings” - 7:50 AM

Educational Sessions 9:00AM—Noon

Lunch—Noon

Trade Show and Drawings for Grants—1:00 PM

President’s Reception—5:45 PM

MASMS Banquet & Awards—6:15 PM

Entertainment—8:30 PM

### Friday Events October 6, 2017

Buffet Breakfast - 7:00 AM

Idea Exchange - 8:00 AM

Educational Sessions - 9:00 AM to 11:00 AM

Captstone Session - 11:00 AM

**210 Exhibitors**  
**40 Educational Sessions**



### Inside this Issue:

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### Entertainment

Wednesday evening enjoy the comedy of Tim Cavanagh.

Thursday evening after the banquet have some fun at “casino night”!

Education Members have a chance to win a \$1000 B & G Grant or one of 3 \$500 Grants!

Vendors have a chance to win a free booth for next year, banner ad or newsletter ad!



### Grant Drawings

Twelve (12) \$500 Building and Grounds Grants will be given away be used for a B & G project of the school’s choosing! If you registered for the conference, you are automatically in the drawing! A name will be drawn every 15 minutes starting at 1:15 PM on the trade show floor.

**Must be present to win!**

### Networking

#### Networking is Essential

Conferences offer outstanding opportunities for networking. They’re ideal places to meet new people and catch up with those you already know.



La Vita Espresso Coffee Bar  
On the Expo Floor!





## NEW EDUCATIONAL MEMBERS

Jim Allhiser, Rochester Schools  
 Chad Barthel, Big Lake Schools  
 John Bauman, Shakopee Schools  
 Mark Berndt, St. Francis Schools  
 Derek Fagan, St. Cloud Schools  
 Brent Henry, Lakeville Schools  
 Betty Kline, Northfield Schools  
 Gary Kowalski, Pelican Rapids Schools  
 Dave Kusinski, Bloomington Schools  
 Matt LaBeau, Delano Schools  
 Jim Nieswaag, Anoka-Ramsey College  
**Greg O'Brien, Prior-Lake Savage Schools**  
 Shawn Pocklington, Big Lake Schools  
 Jeff St. Martin, Northfield Schools  
 Brain Smith, Staples Motley Schools  
 Lisa Uhler, The Blake Schools  
 Jim Yaunick, Brainerd Schools  
 Adam Zachman, St. Michael-Albertville Schools

## NEW BUSINESS MEMBERS

Greg Sapp, Action Radio & Communications LLC  
 Ryan Lamoureux, Advanced Construction Services  
 Luke Perkerwicz, AkitaBox  
 Scott DeSmith, American Time  
 Mark Hancock, Center for Energy & Environment  
 Tom Ellingson, Center for Energy & Environment  
 Jason King, Buckeye Cleaning Center Minneapolis  
 Brooks Meierhofer, Demo Plus Inc.  
 Dan Folsom, Design Tree Engineering  
 John Jantzer, Electro Watchman, Inc.  
 Joy Baars, Fourmation Sales  
 Franklin Gapps, Gappa Security Solutions LLC  
 Diane Cady, GrayBar Electric  
 Tim Matthewson, IDN-H.Hoffman  
 Jason McMillen, JE Dunn Construction  
 Karen Nordenstrom, JE Dunn Construction  
 Erin Anderson, Kendell Doors & Hardware  
 Craig Petter, Kinect Energy Group  
 Jean Stammeyer, Kinect Energy Group  
 Nate Fern, Minnesota Water  
 Steve Norenberg, Minnesota Water  
 Jerry Reinardy, NAC Mechanical & Electrical Service  
 Chris Knutson, Rubble Tile  
 John Reichle, ServPro of St. Cloud  
 Dina Marie Lundenslager, Shaw Contract  
 Rhonda Flagstad, Siemens  
 Dave Thompson, Southeast Service Cooperative  
 Jim Clausen, The Centre Stage Mfg. Co. LLC  
 Kathleen Donovan, Trane  
 Bert Haglund, TSP Inc.  
 Aaron Gag, TruNorth Commercial Services  
 Debra Rutlen, TruNorth Commercial Services

## Vendor Corner

*Mike Remington, Inspect*  
*MASMS Vendor Representative*



Attend Casino Night at the Fall Conference!  
 MASMS is trying something new at the Fall Conference this year: a Casino Night! This event will start pool-side right after the banquet on Thursday night.

School members can win grants for their school districts and vendors can win a free booth at next year's trade show or free advertising in the MASMS newsletter. All vendor members attending the conference should plan on attending this event, it will be a great networking opportunity and a lot of fun whether you win or not!

I'll see you there!

**Employment Opportunities:**  
 Check it out at [www.masms.org](http://www.masms.org)  
 New postings weekly.



## Exceptional People, Inventive Solutions

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## Savings Add Up for

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Natural gas equipment rebates help you save with improved efficiency and a bottom line boost.

### Rebate savings include:

- Boiler and boiler system components
- New! Commercial pipe insulation
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- Heating systems (forced-air furnaces and condensing unit heaters)
- Steam trap repair/replacements
- And more!

### Not sure where to start saving?

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Contact Paul Albinson at 612-321-4323  
(800-234-5800, ext. 4323) or  
Paul.Albinson@CenterPointEnergy.com.

[CenterPointEnergy.com/MNEducation](http://CenterPointEnergy.com/MNEducation)

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## Leadership & Professional Development Opportunity

The MASMS Conference is just a few weeks away - with a sold out show, the excitement is building!

MASMS is looking for members that would like to obtain some additional professional development and some leadership skill building opportunities. Also, we are looking for those that want to give back in a rewarding way, sharing skill sets and talents.

MASMS has two state level positions open. The President Elect and the Secretary positions (descriptions below). If you are interested in either position, please contact the MASMS office at [ruth@masm.org](mailto:ruth@masm.org).

If you'd like to contact a current executive board member, to chat about what it's like to be a state board member, please feel free to give them a call. Their contact info is:

### President

Maureen Mullen, Rockford Schools – (763) 477-9165  
[mullenm@rockford.k12.mn.us](mailto:mullenm@rockford.k12.mn.us)

### Vice President

Heather Nosan, ISD#196 (651) 423-7742,  
[heather.nosan@district196.org](mailto:heather.nosan@district196.org)

### Past President

Reed McFarlane, Lake of the Woods (218) 766-3814,  
[reed\\_m@lakeofthewoodsschool.org](mailto:reed_m@lakeofthewoodsschool.org)

### Treasurer

Kevin Hildebrandt, Faribault Schools, (507) 333-6027  
[khildebrandt@faribault.k12.mn.us](mailto:khildebrandt@faribault.k12.mn.us)

- President Elect Position is a 4 year commitment; the first year it is “President Elect”, 2<sup>nd</sup> year moves to “Vice President”, 3<sup>rd</sup> year moves to “President” and the 4<sup>th</sup> year moves to “Past President” position.
- Secretary Position is a 3 year commitment.

For detailed descriptions please just contact the MASMS office – or better yet, just give one of the executive board members a call.



## MASMS Office is Accepting Newsletter Articles

MASMS is accepting articles for the 2017– 2018 Newsletters.

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.

Please email them to: [ruth@masms.org](mailto:ruth@masms.org)

**Share  
your  
knowledge**

## 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.

### Safety Leadership: The most powerful way to change safety behavior.

*Author: Don Groover, CIH (retired), CSP, is senior vice president of [DEKRA Insight](#).*

*Editor's Note: Achieving and sustaining an injury-free workplace demands strong leadership. In this monthly column, experts from global consulting firm DEKRA Insight share their point of view on what leaders need to know to guide their organizations to safety excellence.*

The next time you walk into a gym, take note of how many personal trainers are present, as well as how many people are working out with friends or in groups. The reason these people are present is because one of the best ways to ensure our exercise behaviors are beneficial is to have others help us. In the gym, that means a personal trainer or friend giving you objective feedback on your exercises, cheering you on and holding you accountable for your workouts. Now, consider how those same benefits could be applied on the job. Again, the single most powerful way to change your behavior is to ask others for help.

#### We are social beings

Recent research reinforces the idea that people are social beings. Data suggests our dominance as a species may be the result of our outstanding ability to digest information socially. Here are three critical findings in that area that factor into us making safe decisions on the job:

*Continued on Page 5*







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## Safety Leadership (Continued from page 4)

1. Our brains react to the gain or loss of social connections in the same way we experience physical pain and pleasure.
2. Our brains are able to social “mind read,” letting us build and maintain teams that allow us to thrive.

Our brains are designed to achieve more in groups than as individuals.

In safety and decision-making, there can be a significant downside to these factors. It makes us subject to groupthink – a phenomenon in which people within a group become so focused on group cohesiveness that it creates a deterioration of mental efficiency, reality testing and moral judgement.

So how do we take advantage of the benefits of employing others in our safety decision-making while avoiding some of the pitfalls of that same approach? Again, the answer lies in neuroscience.

### Slow brain vs. fast brain

Scientists have determined that two distinct parts of the brain handle decision-making: an inter-limbic pathway and a cognitive part.

The inter-limbic pathway handles instinctive or habitual actions. We call this “fast brain” processing. In fast brain, we don’t analyze whether a perceived object or condition or situation represents a danger. We just do.

Meanwhile, we call the cognitive parts of our brain “slow brain” processing. Slow brain enables us to think through situations, assess the potential for danger and deliberate on the best course of action.

From a safety perspective, we need to understand that the slow brain is not always “at work” when we’re at work. However, there are ways to “trick” our brain into going into slow brain processing.

### How to make safe decisions

We recently developed a system called the “Making Safe Decisions” approach, designed to increase the amount of time you are in slow brain processing at work. The approach improves:

- The percentage of time that you detect a change in exposure
- Your ability to pause to address that change
- The types of questioning that occur
- The verification and cross-checking that takes place
- Workers’ willingness to approach one another regarding exposure concerns

The “Making Safe Decisions” approach has three main steps:

1. **Recognizing** – Observing your situation
2. **Thinking** – Reasoning through the decision-making process with self-analysis questions
3. **Executing** – Continuously verifying your performance through cross-checking and vocalization.

Then, on top of all that, we encourage you to employ the single most powerful way to change your safety behavior: teaming. That means enlisting others to help strengthen your safety defenses. It’s an approach based on the latest neuroscience research – one that has a fair amount in common with those personal trainers at the gym. This article represents the views of the author and should not be construed as a National Safety Council endorsement.

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## Wacky Ideas for September. Create a fun and relieve some stress on a September day!

Need to cool off after a busy day?  
Chocolate Milkshake Day is September 12th

Fortune Cookie Day  
is September 13th

Sweet Treat Anyone?  
Cream-Filled Donut Day is  
September 14th

Celebrate the First day of Autumn with some  
Apple Cider on September 22nd

Hand a surprise over to the  
person next to you On September 28th  
which is Good Neighbors Day!



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## Wednesday Events October 4, 2017



### Scholarship Golf Event

Wapicada Golf Course  
Sauk Rapids, MN  
Tee Off at 10:00 AM

At the St. Cloud Holiday Inn & Suites  
5-8:00 pm Conference Registration  
7:30 pm Business Member Appreciation

*Business and Educational  
Members are ALL  
Invited to Attend!*

Reception & Entertainment  
Tim Cavanagh, Comedy



## Looking for a Mentor?

### Options Include:

- Meet once a month with your MASMS Mentor
- Phone contact only
- Contact only when issues arise or when you need advice

Contact the MASMS office at  
ruth@masms.org if you would  
like to find a MASMS mentor!





## School Indoor Air Quality Trainings

The Minnesota Department of Health is holding free School Indoor Air Quality Trainings statewide and via webinar. Public schools must have health and safety programs that comply with health, safety, and environmental regulations and **best practices, including indoor air quality (IAQ) management.** This training will discuss the state's best practices for school IAQ management. Non-public schools are encouraged to attend this training, follow these best practices, and develop an IAQ Management Plan.

There is no cost for this training (lunch is NOT provided). There is no refresher training requirement, but the course does change over time and previous attendees are welcome to attend again. Please share this class with others that may be interested.

Registration is required. Classes may be cancelled if registration is low. To register, please complete the registration form and mail or email to: Minnesota Department of Health, Indoor Air Unit, PO Box 64975, St. Paul, MN 55164-0975 or [tina.leland@state.mn.us](mailto:tina.leland@state.mn.us)

The training announcement and registration form are available at the [MDH IAQ Trainings for Schools site](http://MDH IAQ Trainings for Schools site).

Natural Gas Conference is on September 19, 2017

Minnesota Blue Flame Gas Association  
Hillcrest Golf Club, St. Paul MN  
For details go to: [www.blueflame.org](http://www.blueflame.org)



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Friday Morning Events

October 6, 2017

2017 Conference

16 Educational Sessions including  
Roundtable Discussions  
and an Informative Idea Exchange!

See Page 7 for a Full Listing of  
Conference Educational Options

Oaks are  
raining acorns!  
Autumn  
Begins  
on September 22nd!





## MASMS EXECUTIVE BOARD

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 WEST CENTRAL —DOUG SLININGER, ADA-BORUP SCHOOLS

## Thursday Evening Events 2017 Conference

5:45 pm **President's Reception**  
 6:15 pm MASMS Banquet & Awards  
 8:15 pm NEW THIS YEAR  
 Play and win a Building and Grounds \$500 Grant for  
 your school! Las Vegas Casino—Blackjack, Beat the  
 House, Texas Hold'Em, 3-Card Poker and much more!

## MASMS OFFICE

Ruth Kraemer, Executive Administrator ~ Phone: 320-685-4585  
 Toll Free: 888-429-3884 ~ Fax: 320-685-4592  
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## Habits That Make Your Brain Work Better

*Watch for each of them in the upcoming MASMS newsletters.*

### Manage Your Stress

Stress can severely inhibit your ability to think. By managing **your stress well, you increase your brain's endurance and ability** to think when under pressure. Make sure to take time for yourself during the week to relax or relieve stress. Go for a walk, do some light reading, etc. By managing your stress, you limit the release of cortisol which can wear away at the short term memory part of your brain. Immediate stress also reduces your ability to think clearly by releasing hormones and preparing you to fight or flee. Those hormones can also elicit emotional responses such as anger or fear, which further reduce your ability to think clearly. You think best and most efficiently when you are calm and your emotional state is balanced.

September 16th—Archery deer, small game,  
 partridge and Grouse seasons open!  
 Wild Turkey Season opens September 30th.