

SAVE THE DATE | Tuesday January 10th, 2023

MASMS State Meeting | Mall of America Tour

MASMS is providing members, at no charge, a chance to take an official Mall of America Tour.

This tour will cover the back of the house with an emphasis on operations to include energy and engineering of the complex. This will be a full tour, approximately 90 minutes in length.

This is one event you don't want to miss.

Schedule for the day: 9:00am Registration
9:30 am Presentation by MOA Operations Team
10:00am VIP Tours
11:30am Return from Tours
Noon Lunch



To Register for MASMS events and meetings:

Go to the MASMS website: www.masms.org; Select "Member Login" (Top of the window)
Enter your username (first initial and last name); Enter password "masms" (unless you changed it)
Select "Meeting Registration" (left hand side); Select the Meeting you would like to attend.
Enter your name and school/organization. Select the send button.
As always, contact the MASMS office with questions and/or issues with registration.

December 2022 MASMS Meetings

Metro, Northwest, Northern and Southern Chapters have meetings in December.

The chapters have selected good educational sessions at the monthly meetings. Please spread the word – the monthly meetings are a great place to learn and reconnect with peers – networking on a regular basis is extremely beneficial. These meetings give you this opportunity. We look forward to seeing you!

Please register for the meetings, the instructions are above.
Please see page 18 for full agendas for each meeting.

Metro Chapter ~ Tuesday December 13, 2022 | Mall of America
Parkview Meeting Room at the Mall of America
5204 Center Court, Bloomington, MN 55425

Northwest Chapter – Wednesday December 14, 2022 | Bemidji, MN
Hampton Inn & Suites
1019 Paul Bunyan Drive, Bemidji MN

North Chapter – December 15, 2022 | Grand Rapids, MN
Timberlake Lodge
144 SE 17th Street, Grand Rapids, MN

Southern Chapter – Wednesday December 21, 2022 | Rochester, MN
SE Service Cooperative
210 Wood Lake Drive SE, Rochester, MN



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MASMS Office Email:
office@masms.org

MESSAGE FROM
THE BOARD



Kevin Hildebrandt
State Treasurer

Greeting from your Treasurer.

Every year the executive board approves an annual budget. Like everything around us these days, we too have seen increases. Our annual budget the last couple of years has been right around \$500,000. We have a savings account with \$230,000 + which we have not had to use for many years. Our checking account never went below \$140,000 this past year.

Scholarship contributions once again were very good. Our annual conference was very well attended this year. The financial success of the organization is dependent on both school and vendor members. Getting /staying involved in MASMS is a win/win for everyone.

Please contact any of the executive board members if you have any suggestions for ways to improve MASMS either educationally or financially.

Have a Great Holiday Season!



NOTICE: The MASMS Website in the midst of an update by RSchools (our website provider). Please be patient over the next few weeks, as you may notice some disruption on the web site, and things may not work correctly from time to time! They do plan to have all the bugs out within a few weeks.

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Vendor Corner

The Christmas Pickle



You may have noticed that many people have a holiday ornament shaped like a pickle on their Christmas tree, or you may even have one on your tree. There are a lot of different interesting stories out there about how this tradition originated, but the "true" story is equally surprising:

A common story told about the tradition of a pickle ornament was that is a long-standing German tradition. The story goes that German families hung a real pickle on the tree each year and the first child to find it got an extra present.

Another common story has to do with a Civil War prisoner of war that begged a guard for a pickle, how the guard took pity on him and gave him the pickle, and how eating that pickle saved the soldier's life.

A third popular story about the tradition is that it is related to an old Medieval story of two Spanish boys that were killed by an evil innkeeper who hid their bodies in a pickle barrel (how's that for a heartwarming holiday story?) and that evening St. Nicholas stopped at the same inn and found the boys in the barrel and miraculously brought them back to life.

What is the real story on this long-standing tradition of hanging a pickle ornament on the tree? In the 1880's the large department store Woolworth's started selling glass ornaments from Germany that were shaped like different fruits and vegetables. Their customers loved these ornaments and bought them up, except for the pickle shaped ornaments that, for whatever reason, people did not seem interested in. Faced with a huge inventory of unsold glass pickle ornaments, an enterprising salesclerk made up a story claiming the ornament represented a very old German tradition and the first child to find it got an extra present, and suddenly these pickle ornaments were flying off the shelves! Their customers in New York City, many of them immigrants from Europe, fell in love with the story about the German tradition and some even bought one to send back to their relatives in Germany proudly telling them they could use a glass pickle instead of a real one from now on. Soon, these American glass pickles became very popular in Germany as well and they are now found on nearly every tree in Germany as a result.

I thought this was an interesting story of great imagination and entrepreneurship, but be careful about making up stories about your products or services or you might find yourself in a "pickle"!

Wishing
you and
your loved
ones a
Happy
Holidays!



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10 Years ago MASMS Kicked Off the MASMS Certification Program!



Here are the MASMS Certification Statistics from the past ten years.
This program has helped so many MASMS members move ahead in their careers.

As of November 1, 2022:

- 201 Members have tracked for the Certification Program from 2012 to 2022.
(Some have since retired or left the profession).
- 104 Members completed the MASMS certification since 2012
- 181 Members are currently tracking for certification.

Length of time from start of tracking to achieving certification:

1 Year	2 Years	3 Years	4 Years	5 Years	6 Years	7 Years
28%	40%	18%	9%	2%	1%	2%

Breakdown by year of when members started tracking and how many completed the MASMS Certification process:

2012: 31 members started tracking, 22 completed their certification as of November 1st
2013: 16 members started tracking, 8 completed their certification as of November 1st
2014: 10 members started tracking, 9 completed their certification as of November 1st
2015: 36 members started tracking, 21 completed their certification as of November 1st
2016: 16 members started tracking, 8 completed their certification as of November 1st
2017: 14 members started tracking, 9 completed their certification as of November 1st
2018: 11 members started tracking, 5 completed their certification as of November 1st
2019: 31 members started tracking, 15 completed their certification as of November 1st
2020: 13 members started tracking, 2 completed their certification as of November 1st
2021: 8 members started tracking, 4 completed their certification as of November 1st
2022: 18 members started tracking

If you are interested in starting to track for MASMS certification, just contact the MASMS office.



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Stress, depression and the holidays: Tips for coping.

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. It may also help to talk to a friend or family member about your concerns. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos.

Continued on page 6



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Stress, depression and the holidays: Tips for coping. Continued from page 5

4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
6. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks. Eat healthy meals. Get plenty of sleep. Include regular physical activity in your daily routine. Avoid excessive tobacco, alcohol and drug use.
9. **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Some options may include: Taking a walk at night and stargazing; Listening to soothing music; Read a book.
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.



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



Health and Safety Training

When do you complete annual Health and Safety Trainings and what means do you use to complete the trainings for all of the groups within your district of which they are required? This was a topic of conversation during the November Health and Safety Zoom call. Of the group, most schools have educational and kitchen staff complete their required Blood Borne Pathogens, Employee Right to Know, Chemical Hygiene trainings at the beginning of the school year. For myself, being from a smaller school, I held BBP training for teachers and paraprofessionals and kitchen staff (Kitchen staff also had ERTK training) in the fall and administered the ERTK training for high school Science, Industrial Arts, Art and Theater staff in the spring. This was primarily due to managing the burden of documenting training attendance.

In our group most districts are offering training online versus in-person. The online trainings ranged from PowerPoints with quizzes at the end to professionally prepared video trainings. While online trainings are most common, the consensus was that in-person trainings are more impactful.

Every district in the conversation holds their custodian/maintenance staff trainings the first week after the school year ends. The reason for this was two fold, the change of daily routines for full time staff and the addition of seasonal staff. Everyone agreed the start of summer is ideal due to the changing of the daily routine.

The discussion got me thinking, just what is happening across MASMS in regard to Health and Safety training. What are the state wide percentages in regard to online versus in-person trainings. Who do districts use to prepare and present the trainings? Maybe this information could help facility managers in their presentation of Health and Safety training. More importantly, this information may

provide district facility managers data to get their Health and Safety training budget increased to match the trends of Health and Safety Trainings across the State.

If you are willing click on this link or copy and paste it to complete this Health and Safety Training Survey: <https://forms.gle/Qi3SWwoBYFax-T3Ee9>

Continued on
page 8

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Health & Safety—Continued from Page 7

COVID-19 variants are still with us,
so is the Flu and RSV

I don't want this point to be a postscript as schools are still having COVID-19 cases at a level equal to this time last year. In addition the flu season began in October this year and cases of RSV are quite prevalent. It is easy to push these facts to the side as society has been worn down by the constant presence of these illnesses. Stay vigilant in addressing the IAQ needs of your facilities to keep your staff and students as healthy as you are able.

JOIN US for the Health and Safety Discussion the 4th Thursday of each Month

Everyone is welcome to join these monthly discussions. The hour long discussion begins at 9:00 a.m. All of us involved in the monthly chats have learned so much from each other. The floor is open for questions each month. Bring your questions and join us on December 22nd by following the Zoom directions here:

You have three options to join the Health & Safety Toolbox Talks Zoom meeting:

1. Zoom On-Line
2. Call into the meeting.
3. Do both – use the video on-line Zoom and the audio on the phone.

Option #1 Zoom On-Line:

Join Zoom Meeting go to: www.zoom.us Select "Join Meeting" on the top right side of the screen and enter meeting ID. Meeting ID: 899 4456 8449 | Passcode: 4585

Option #2 Call In: Dial in: 1 (312) 626 6799 Meeting ID: 899 4456 8449 | Passcode: 4585

**Until next month, Walk like a Penguin!!
Talking Health and Safety Training.**

Welcome New Educational Members

Mitch Mudick, Columbia Heights ISD
Tim Wald, White Bear Lake ISD
Cody Kuck, Grand Rapids ISD
Todd Blake, South Washington County ISD
Ryan West, Waseca ISD
Robert Baden, Lakeville ISD
Joseph Kinzell, Lakeville ISD
Kyle Abendroth, Lake of the Woods ISD

Welcome New Business Members

Nate Rost, Hillyard
Cheryl Rich-Johnson, The Yes Group
Douglas Straus, CMTA, Inc
Jay Anderson, Dock & Door Tec
Brett Korinek, Dock & Door Tec
Brian Blanchette, Dock & Door Tec
Brandon Clouse, Flex Fiber
Seth Baker, Electronic Design Company
Cory Schlosser, Apex
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Note from Sam Walseth MASMS Lobbyist



Education Leadership Emerges

The in-coming House and Senate DFL majorities are starting to organize their respective assemblies for the new budget session, which begins on January 3. The House Education Finance committee will be chaired by Rep. Cheryl Youakim (DFL Hopkins). Rep. Youakim chaired the House Education Policy committee in 2019-2020 before taking on the Property Tax committee role. She's extremely knowledgeable about education funding and school levy issues and works as a paraprofessional in west metro schools. Rep. Laurie Pryor (DFL Minnetonka) will take over as the House Education Policy chair. She's recently served on the Early Childhood and Health committees.

In the Senate, they have decided to split the E-12 Budget & Policy Division into two committees. The E-12 Budget Division will be chaired by Sen. Mary Kunesh (DFL New Brighton). Sen. Kunesh served as a licensed school media specialist in Robbinsdale schools. The Senate Education Policy Committee will be chaired by Sen. Steve Cwodziński (DFL Eden Prairie). Sen. Cwodziński is a retired social studies teacher from Eden Prairie schools. He's been the chief author of a bill to require Civics education in 11th and 12th grade as a requirement for graduation.

The next big data point for the 2023 legislative session is the November budget forecast, which should be released in the first few days of December at the latest. The assumption is the state will have upwards of a \$9 billion surplus to work with as the Governor and new legislature work to set a new two-year operating budget, beginning July 1, 2023.

SAVE THE DATE
We are excited to
announce that
MASMS
DAY ON THE HILL
returns for 2023!

Wednesday March 22, 2023

We will be taking buses from out state and going to the state capitol as a group.

Details to follow
in January!



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Upcoming Training Opportunities



CPS Class

CPS is required for the MASMS Certification Program.

Tuesday February 21st &
Wednesday February 22nd, 2023

Cost: MASMS covers the cost of hotel, breakfast and lunch both days.

Cost of CPS is \$500

- The CPS Exam and materials are provided by AFE. MASMS has a contract with them for the discounted rate of \$500.
- Payment for this is made to MASMS.

Location: Holiday Inn and Suites, St. Cloud, Minnesota

Instruction:

- This class is a review of the study materials, and is not meant to be a complete instruction. You must spend the necessary time studying the materials prior to the class.
- The first 1 ½ days will be a review of the study materials; the last ½ day will be the test.
- Maureen Mullen, MASMS CPS Certified Instructor will be facilitating this class.

You must give yourself enough time to study prior to this class.
We suggest 6 weeks.

If you have any questions or would like to sign up for one, please contact the MASMS office at 320-685-7585 or at office@masms.org and registration forms will be emailed to you.

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Continued on Page 12

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Upcoming Training Opportunities *(Continued from Page 11)*

MASBO Institute

MASBO Institute is required for the MASMS Certification Program.

MASBO Institute is being offered in February 2023. It will be hybrid with a half day live webinar, and a full day in-person session held at the Marriott Northwest in Minneapolis

MASMS pays the fee for this training (\$250 per person) and will cover the cost of your hotel if you need one for the night before the in-person session, which means this training is completely free to MASMS members.

You must be a MASMS member to attend. We have 15 spots available, so it's a first come, first serve basis.

SCHEDULE


Please note that if you decide you would like to take part in this training, you must be able to complete BOTH days.

Tuesday, February 28, 2023 | Half Day Webinar Session (8:15 AM – Noon)


Tuesday March 7, 2023 | In-Person Sessions at the Marriott Northwest in Minneapolis

If you would like to attend, you MUST let the MASMS office know by January 15th. Email your name, school district and if you need a hotel room for the night of March 6, 2023 to office@masms.org.




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Upcoming Training Opportunities *(Continued from Page 12)*



BOOT CAMP Registration is Open

Boot Camp Information

The MASMS Boot Camp is specifically designed to provide training for facility professionals. It is of great value for newly employed facilities managers or seasoned veterans.

Custodial | Grounds | Maintenance Management | Security
Health & Safety | Transportation

Dates & Time Tuesday January 17th and Wednesday January 18th, 2023
8:00 AM to 4:00 PM with dinner at 6:00 PM on Tuesday evening.

Location Holiday Inn, St. Cloud, MN

Cost MASMS covers the cost of this training. This includes cost of class, hotel rooms, and meals. (Tuesday lunch and dinner; Wednesday breakfast & lunch; and breaks).

The following Topics will be Covered

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Questions | Contact Ruth at the MASMS office with questions or to register.
(office @ masms.org or 320-685-4585)

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Upcoming Training Opportunities (Continued from Page 13)



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This course will fully prepare you for the boiler exam without outside study time. Course includes at least one boiler room tour. View upcoming classes and register online
Click here for details: [Steam and Hot Water Boilers](#)
Question? Email chris.hinrichs@dctc.edu

MN Boiler Operator Exam Prep | South Central College (Mankato)
Learn everything you need to know to pass your boiler exam.
New classes scheduled quarterly | Live Online (Zoom) | Cost: \$225
Click here for full detail: [MN Boiler Operator Exam Prep](#)

Chemical Hygiene Training | Metro ESCU
December 8th, 2022 | Click here for full details:
[Chemical Hygiene Training](#)

School Indoor Air Quality Plan Training
MDH is offering school IAQ plan trainings, in-person statewide and a webinar. This training will discuss the state's best practices for school IAQ management plans.
School staff, service providers, and others are welcome to attend. The training is free. Registration is required. See [MDH School IAQ Plan Training](#) for details and registration.

If you know of any training that would be beneficial to our members, please contact the MASMS office. We will publish the information!

Contact: office@masms.org | (320) 685-4585

FREE Consulting Services to MASMS Members

Ron Bratlie, President of ABC Educational Services is offering to provide FREE consulting services to MASMS members regarding School District finance, budgeting, administrative policies and procedures, and new construction and renovation planning.

Ron has been a MASMS member for over 25 years and was State President in 2007. He has over 40 years of school district administrative experience and has received several local, state, and national awards for his involvement in planning and construction of energy efficient and environmentally friendly school buildings at Elk River.

His contact information is ronbratlie@gmail.com and 763-360-2539.

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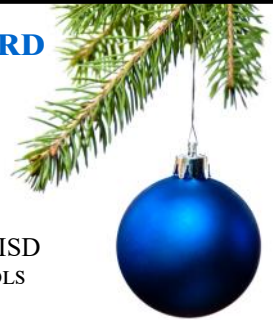


MASMS Calendar

December 13, 2022	MASMS Metro Chapter Meeting
December 14, 2022	MASMS Northwest Chapter Meeting
December 15, 2022	MASMS Northern Chapter Meeting
December 21, 2022	MASMS Southern Chapter Meeting
January 10, 2023	STATE MEETING
January 18, 2023	MASMS West Chapter Meeting
January 19, 2023	MASMS Northern Chapter Meeting
February 14, 2023	MASMS Metro Chapter Meeting
February 15, 2023	MASMS Southern Chapter Meeting
February 16, 2023	MASMS Northern Chapter Meeting
February 28, 2023	MASMS Northwest Chapter Meeting
March 14, 2023	MASMS Metro Chapter Meeting
March 15, 2023	MASMS West Chapter Meeting
March 16, 2023	MASMS Northern Chapter Meeting
March 17, 2023	MASMS Southern Chapter Meeting
April 11, 2023	MASMS Metro Chapter Meeting
April 19, 2023	MASMS Southern Chapter Meeting
April 20, 2023	MASMS Northern Chapter Meeting
April 25, 2023	MASMS Northwest Chapter Meeting
May 9, 2023	MASMS STATE MEETING
May 18, 2023	MASMS West Chapter Meeting
June 13 - 14, 2023	Metro Custodial/Grounds/Maintenance Days
June 20, 2023	NO/NW/West Custodial Grounds/Maintenance Days
June 22, 2023	Southern Custodial/Grounds Maintenance Days
October 4, 2023	MASMS GOLF EVENT CONFERENCE
October 5, 2023	MASMS CONFERENCE/TRADE SHOW
October 6, 2023	MASMS CONFERENCE

MASMS EXECUTIVE BOARD

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December 2022 Chapter Meetings

Metro Chapter - Tuesday December 13, 2022

Note Location: Parkview Meeting Room at the Mall of America
5204 Center Court, Bloomington, MN 55425

Use the WEST parking ramp (between Nordstrom & Macy's). Enter the WEST parking ramp, accessible from Killebrew Drive, park on street level 1.

9:00 Registration
9:20 Welcome
9:30 "Turf Topics", Jim Frosild
10:20 Break
10:30 "Lithium-Ion Battery Technology", Greg Hamstad, Dalco
11:20 Break
11:30 Business Meeting and Business Minute
12:00 Lunch

Northwest Chapter Meeting - Wednesday December 14, 2022

NOTE NEW LOCATION: Bemidji

Hampton Inn & Suites, 1019 Paul Bunyan Drive, Bemidji MN

9:00 Coffee and Registration
9:30 "Fire Codes, Violations in Schools, Clarity of the Codes",
Forrest Williams, MN Fire Marshal Division
11:00 Vendor Minutes
11:30 Lunch and Networking

North Chapter Meeting - December 15, 2022

NOTE LOCATION: Grand Rapids

Timberlake Lodge, 144 SE 17th Street, Grand Rapids, MN

9:00 Coffee and Registration
9:30 "Hazardous Waste", IEA
10:30 "Fire Marshal Update", Kurt Kastella
11:30 Meeting & Networking
Noon Lunch

Southern Chapter Meeting - Wednesday December 21, 2022

NOTE LOCATION: Rochester

SE Service Cooperative, 210 Wood Lake Drive SE, Rochester, MN

9:00 Social Time, Coffee and Rolls
9:25 Welcome
9:30 "Energy Conservation & Rebates"
Paul Albinson, CenterPoint Energy
10:30 "Blueprint Reading", Justin Steffi, ISG
11:30 Vendor Minute
11:45 Lunch
12:15 Business Meeting