



### Quick Links

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### Upcoming Meetings:

- **Future City Competition, Sat. Jan 20th**
- **SAME-MSP Meeting, Wed. Feb. 28th**
- **H4H Volunteer Event, Sat. March 10th**
- **SAME JETC, May 23rd – 25th, Kansas City, MO**

### Frequently Used Links:

- National website at [www.same.org](http://www.same.org)
- Post website at [www.same-msp.org](http://www.same-msp.org)
- Listing of [Post Leaders](#)
- Listing of [Post Sustaining Members](#)

### Next Meeting Presentation

**Wednesday, January 24th, 2017**

## Essential Components of Information Security

**Steven Grannes, MVP ACE-IT Operations Officer**

1 PDH

### Speaker Bio:

Mr. Grannes has worked in various capacities in the Information Management Office St. Paul District USACE for the last 20 Years. He has worked in several key areas including Computer Network Design, CAD Application Support Specialist, Information Security Officer, and as an IT Chief. He currently is the IT Operations Officer and works with customers and contractors to provide cost effective, secure, and reliable Information Management services to the St. Paul District. Prior to his work in IT, he worked as an Electronics Evaluation Engineer with Detector Electronics, and as a Research Engineer with the US Bureau of Mines. He holds two patents: one in Conveyor System Cleaning and another in Computer Vision, and has had several papers published in the mining industry. He has a Master's Degree in Engineering from the University of Minnesota. His hobbies include consumer electronics, web page development, backpacking, canoeing, and leading group fitness classes at LA Fitness three days a week.

### Presentation Synopsis:

Are you an accident waiting to happen? Most of us think about Information Security in terms of viruses, unauthorized access, and other outside attacks. These are real risk factors, but many other vulnerabilities exist that are under your direct control. The question is not "if" your data is going to be lost, the real question is "when". In our digital age much important information is kept only in digital form, and it is irreplaceable. Are you prepared for fire, theft, flood, hardware malfunction, or lighting?

There are several practical steps you can take to protect your data, and the steps are similar for both home and work systems. Backing up your data is an essential part of any Information Security plan. Methods of backing up Windows 10 systems will be discussed along with an overview of other aspects of Information Assurance.

### Meeting Location:

**LOCATION: Grumpy's Bar and Grill, 2801 Snelling Avenue, Roseville, MN 55113**

*Free parking is available adjacent to the restaurant.*

### Agenda:

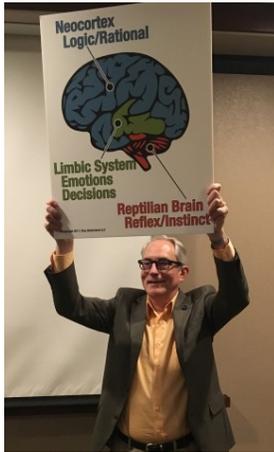
Social time and lunch (if you so desire) will be available from 11:30 AM to 12:30 PM with presentation from 12:30 PM to 1:30 PM.

A lunch at a cost of \$20 will be available. Lunch will consist of a burger buffet, beverages included. Please RSVP no later **than Monday, January 22nd, 2018**, with your intent to either partake in the lunch or to come for the presentation only. Please click the RSVP button in the left-hand column of page 1 or use the following Eventbrite link to RSVP: <https://www.eventbrite.com/e/january-professional-development-meeting-tickets-41948654555>

**Have an idea for future meeting topics or tours?**

**Please contact Matt Redington with your ideas at [matthew.redington@hdrinc.com](mailto:matthew.redington@hdrinc.com) or 763-591-5487!**

## Highlights of the November Meeting



Mark Kretschmar began his career in engineering but has made it his mission to make great engineers great communicators. Mark emphasized through his presentation that engineers have all the tools and experience to solve the 'problem' of developing and delivering an effective presentation, but that historically in our profession there has been a lack of focus and training on this topic. Presenting more effectively results in an engaged audience that becomes transformed. Transforming the audience means making your audience think, feel, or do certain things.

All too often presenters use PowerPoint in a way that is more effective as a document to be read, rather than something to be viewed at the front of a room. Mark emphasized that if a slide is covered with text, the audience will be forced to either ignore the slide and listen to the presenter, or ignore the presenter and read the slide. Either way, one of the two (presenter or slide) becomes useless!

Additional practical presentation advice was given such as:

- Determine two to three points that you want to get across
- Develop presentations first using a table in Word or by writing on a whiteboard
- Use captivating images that evoke emotion and capture your audience's attention

- Use visual metaphors to get your point across
- When using PowerPoint, pressing 'B' blacks the screen out allowing you to focus the audience's attention to what you are saying

- Use the 'presentation view' in Power Point so you can see your notes and the upcoming slide
- Mark emphasized that engineers can and should be great presenters. To learn more about training opportunities for organizations or individuals, Mark can be contacted at [mark@engineerspeak.com](mailto:mark@engineerspeak.com) or 651-728-0352. Information on training opportunities is also available at [www.EngineerSpeak.com](http://www.EngineerSpeak.com).



## Highlights of the December Meeting

**Sustaining Member Presentation:** At the December meeting, Dave Ausdemore, PE, CIH, provided the capabilities and experience provided by his company, Health Systems Sciences LLC (HSSciences). In addition to the wide spectrum of management and technical capabilities for Environmental, Health and Safety (EHS) services, HSSciences also provides specialized expertise in areas such as: (1) environmental and occupational health compliance assessments; (2) management systems (ISO 14001, 35001 and 45001) development; and (3) identification and mitigation of workplace hazards to include emerging topics such as indoor air quality (IAQ), legionella and other hazardous materials. HSSciences is also active in the international global health sector and has conducted projects that have included laboratory biosecurity for the State Department, environmental treaty work for the United Nations Development Program, and Liberia Ebola Response activities. Mr. Ausdemore experience includes international projects that have been conducted in Africa, Central Asia and Southeast Asia.

With over 25 years of experience in the U.S. Air Force and at the Centers for Disease Control, Mr. Ausdemore has extensive insight to the Federal sector for partnering strategies and opportunities. Health Systems Sciences LLC is a Service Disabled Veteran Owned Small Business (SDVOSB).

**Meeting Recap:** Joe Bartletti, an aquatic biologist with Prairie Engineers, has a passion for large river floodplain ecosystems. He gave a presentation at our December meeting on the Hydro-Geomorphic Method, and its application to the Missouri River. Prairie Engineers has recently completed a Hydro-Geomorphic Method (HGM) assessment for the lower 670 miles of the Missouri River from Decatur, Nebraska to St. Louis, Missouri. The HGM is a GIS based way for comparing historic to present-day conditions within a watershed. Working with Dr. Mickey Heitmeyer of Greenbrier Wetland Services, their team has collected and reviewed data on historic conditions including hand drawn maps and geomorphic descriptions from Lewis and Clark, Missouri River Commission maps, and tree survey data from the period when sections were surveyed.

There has been extensive modification of the Missouri River and its floodplain from the early 1900's to the present. These modifications have resulted in water quality degradation, modification of sediment transport, and reductions in habitat and plant species diversity. Mitigation authorized by Congress in WRDA 1986 and WRDA 1999 called for replacing 32% of lost habitat in Nebraska, Iowa, Kansas, and Missouri. Approximately 60,000 acres have been acquired for restoration so far, leaving 100,000 acres yet to be restored. The recently completed HGM study will serve as a reach-based planning tool for communities and agencies that have an interest in river and floodplain restoration. This planning tool will encourage the setting of common restoration targets and avoid the problems of too many cooks in the kitchen or interested parties not communicating with each other. If you are interested in additional information, a copy of the final report is provided here:

<https://www.fws.gov/midwest/planning/MissouriRiverFloodplain/LMR%20HGM%20Final%20-%20web.pdf>  
[fws.gov\]](https://www.fws.gov/midwest/planning/MissouriRiverFloodplain/LMR%20HGM%20Final%20-%20web.pdf)



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**A Look Into the Future:  
Volunteers Needed for Future City Competition**

This will be the 16th year that teams from Minnesota have participated in the national Future Cities Competition and will be the 10th year that the SAME M-SP Post will be sponsoring a special award category at the Regional Finals for the team that best addresses "Readiness for Natural and Man-made Disasters. The M-SP Post needs the assistance of at least four volunteers on the morning of **Saturday, January 20, 2018 at Dakota County Technical College** to help select the team to receive our special award. If you are interested in volunteering, please contact **Peter Allen** at [peter.allen@stantec.com](mailto:peter.allen@stantec.com) or **651-604-4801**.

**Sustaining Member Presentations at Future SAME-MSP Post Meetings**

The SAME MSP Post is looking for our sustaining members to give a brief 5 minute presentation about your company prior to the monthly presentations. This is a great networking opportunity to tell others about your company's services, small business information, etc. We currently have openings for January and June, see schedule below. Please email Sherry Van Duyn at [svanduyn@landmarkenv.com](mailto:svanduyn@landmarkenv.com) or Dave Ausdemore at [dave@hsscience.com](mailto:dave@hsscience.com) with which month you would like to present.

<b>Month</b>	<b>Speaker</b>
January	Open
February	Bill Holman, Stanley Consultants
April	Mark Angelo, Stantec
June	Open

**Sign Up Today for Habitat for Humanity Event!**



The SAME-MSP Post is looking for 10-13 volunteers to help with our annual Habitat for Humanity event. The event will take place on March 10th, 2018, at 798 Geranium Ave E, St. Paul, MN. Volunteers will be needed from 8:30 AM to 4 PM. Lunch will be provided. Please contact **Rebekah Hudson** at [rebekah.hudson@jedunn.com](mailto:rebekah.hudson@jedunn.com) to sign up!

**Grants and Scholarship Applications Coming Soon!**

Look for applications and information regarding both education grants (for elementary and secondary schools) and scholarships (for college students) in the next newsletter and on our Post website (<https://same-msp.org/grants-and-scholarships/>) soon! The MSP Post has traditionally offered multiple grants and scholarships and looks forward to continuing to support and empower our youth who are passionate about engineering/science!

[www.same-msp.org](http://www.same-msp.org)

