



# Mining and Metallurgical Society of America

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**President's Message**

**NO REST FOR THE WEARY...**

This week I read an article by Hugh Miller, the 2019 SME President (and an MMSA member) in the August Mining Engineering magazine. The topic of his article was work/life balance. Much of Hugh's article struck home, so I decided continuing this discussion was important as one of MMSA's objectives is "the better protection of mining and metallurgical...workers."

The epidemic of busyness in our society is becoming a critical concern as the ability to instantly communicate continues to infiltrate every aspect of our lives. We have become an all or nothing society with a free two-day delivery mentality. When was the last time you simply sat down and did nothing for 10 minutes? If you answered this morning, then this article isn't for you. For the rest of you, there might be something useful here.

Among the several definitions provided for the word "rest," the Merriam-Webster dictionary defines rest as "2a: freedom from activity or labor" and "2b: a state of motionlessness or inactivity." I suspect that for many of us, we haven't been in a place of motionlessness or inactivity for some time. Hugh attributes this state of constant motion to many factors including increasing responsibilities, but he states that "one of the largest impacts on time has been our dependence on cell phones



Amy E Jacobsen  
 MMSA President, 2019-2020

and emails." As a result, "it's... nearly impossible to get away from work." Can I hear an "AMEN" on that observation!

Why do we need rest? Most major religions call for a day of rest - Genesis states "on the seventh day God had finished his work of creation, so he rested from all his work." Regardless of your beliefs, science also supports the need for a "day of rest." Stress creates havoc with our health (both physical and emotional) and there is evidence that not taking breaks increases anxiety and creates exhaustion.

There is growing proof that our brains need down time. Without down time, our brains rebel and become increasingly inattentive, uncreative and unproductive. This also true on a physical level. Most successful athletes will tell you that their secret is regular rest interspersed within their training

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regime. Rest allows our muscles to build strength and endurance. Perhaps what is good for our muscles is also good for our brain. What if rest is necessary for innovation and efficiency? Even more importantly, what if rest is necessary for healthy relationships? Are we doing ourselves any favors by constantly “powering through?”

In your work life, taking time for rest can come in many forms. It can be as extensive as a two-week vacation or as nominal as 5-minute breaks during your workday. Here are a number of suggestions on how to start incorporating rest into your work and personal life:

- Take movement breaks – get up from your chair, physically move your body and change your environment for a few minutes
- Mental breaks – if you have

reached decision paralysis or writers block, switch your attention to something else for 5 minutes

- Do nothing for 5 to 10 minutes – not as easy as it sounds!
- Take frequent vacations – studies are finding the traditional 2-week vacation is good for you, but the good benefits tend to fade within 2 to 4 weeks. Instead, try taking mini-vacations or regularly taking a day off every couple of weeks. When you do take vacation, be sure it is a real vacation and not just a time you spend catching up on old emails or filing or cleaning off your desk. Step completely away from your normal routine.
- Schedule a “no-online time” every week – no phone, tablet, smart tv, etc. A whole day is best, but if that isn’t possible,

start with a 4-hour block. Put it on your calendar and make sure others know!

- Take a mini-nap between 10 and 30 minutes long
- Try deep breathing and meditation
- Eat a healthy snack
- Get real sleep every night (<https://www.sleepfoundation.org/articles/how-get-good-nights-sleep>)

In all likelihood, most of us have heard these suggestions, but do not necessarily implement them into our daily life. If you haven’t, perhaps now is the time to start. My challenge to you this month is to pick one or two of these suggestions and put them into action with some regularity.

I’d like to leave you with the following thought –

“The space and quiet idleness provides is a necessary condition for standing back from life and seeing it whole, for making unexpected connections and waiting for the wild summer lightening strikes of inspiration – it is paradoxically, necessary to getting any work done.” – Tim Kreider, The New York Times

For further reading try <https://www.scientificamerican.com/article/mental-downtime/>.

## Membership Applications

### New Regular and QP Member Applications:

The following individual(s) have submitted membership applications and or changes to their membership status. They have either received approval of the Membership Committee as candidates or are currently under review:

If any member of MMSA has good cause to believe that any of the applicant (s) should not be granted Regular membership or QP membership, as appropriate, you are requested to make known your objections, in writing, to **Betty Gibbs**, Executive Director, within 30 days from issue of this Newsletter. In the absence of any objections and after receiving approval of the various committees, the candidate members and those members requesting a change of status will be confirmed as Regular Members or QP Members, as provided by the ByLaws.

### Applicant

### Endorsers

No new applications ready for announcement

### QP Applications

### Area of Special Expertise

James Sorensen Minerals Project Costing, Infrastructure, Management

## MMSA News

### **Dues are increasing for 2020.**

During the 2020 Council retreat last January, a new dues schedule was approved. The new amounts will be included in the dues invoices you will be receiving in late October or early November. The new dues schedule is as follows:

- **Regular members - \$150;**
- **QP - \$250 plus \$50 for each additional QP status after the first;**
- **Retired – no change**

## Executive Director Transition

Susan Wager will be taking over many of the Executive Director duties on October 1. One of her first tasks will be to prepare the 2020 dues invoices for mailing to members. You will see her name and the new MMSA mailing address on the 2020 invoices.

Susan has been learning about the inner workings of the Society and she will do a fine job of keeping everything running smoothly. Betty, of course, will be helping during the transition.

Susan will be active on the AML committee to help with conference arrangements. She will also be monitoring and scheduling other committees as well. This is only one of the many tasks required to keep the Society op-

erating.

## Committees

The four main committees are beginning to take shape. The committees are:

- Quality Membership
- QP Enhancement
- Government
- Next Big Thing

A couple of these committees have had initial meetings and the others will have meetings in the next couple of weeks.

In addition to the Big Four, several other ongoing committees will continue scheduled meetings: The Council on the second Tuesday of the month, the AML committee on the first Wednesday of the month, and the QP Approval on the first Monday of the month.

If you have any questions about the committees, send an email or call the MMSA office.

## QP Categories and Continuing Professional Development

The QP Approval Committee has realized that the two new QP categories that were approved this year needed some additional explanation about the requirements and the type of experience applicants would be expected to have.

Additional explanations are being written and will be posted on the Web site when the QP committee has discussed and agree on the statements. The Council will also have a chance to comment as well.

Some changes to the Continuing Professional Development instructions are also under consideration. Those will be posted to the Web site when the discussions are completed.

## Gold Medal Nominations

Gold Medal nominations are being accepted until Nov 1. A nomination form is on the Web site.

The Mining and Metallurgical Society of America periodically awards a Gold Medal to individuals who have made significant contributions to the industry. The first gold medal was awarded in 1914 with a total of 37 metals being awarded through 2019. The Gold Medal is awarded

*“for conspicuous professional or public service for the advancement of the science of Mining and Metallurgy, or of Economic Geology; for the betterment of the conditions under which these industries are carried on, for the protection of mine investors, and especially for the better protection of the health and safety of workmen in the mines and metallurgical establishments.”*

If you want to nominate someone for the MMSA Gold Medal, fill in the nomination form, get letters of recommendation, and forward to the MMSA office. The form is at:

<http://www.mmsa.net/GoldMedalists.htm>

## Membership Update

The following changes in membership have taken place since the last newsletter, with the authority of the respective membership committees.

### Regular Member Additions:

Robert “Nick” Gow  
Kira L Johnson  
Benigno Ramos

### QP Members Confirmed:

Kira L Johnson, Geology, Ore Reserves  
Benigno Ramos, Metallurgy/ Processing

### Membership Deletions:

Alan L Wilder  
Maury C Newton III  
Douglas Moore

MMSA presently has a total of **346** members, **4 in process**. Currently, **200** members are QP members

Additions, deletions and routine changes to the Society’s data base and member biographies are accessible through the Members Only page in our web site, at [www.mmsa.net](http://www.mmsa.net). This data base is the best source for information on any particular member.

## MMSA is a Recognized Observer to IMVAL

**MMSA** The MMSA has joined the International Mineral Valuation Committee (IMVAL) as a recognized observer to their inter-organizational efforts in the field of mineral valuation. Amy Jacobsen, MMSA President is the designated representative for the meetings.

MMSA has been reviewing possibilities for collaborating with other organizations. IMVAL is one of the organizations that offer specialization in valuation of mineral real estate. This fits well with the MMSA QP in Minerals Valuation, Finance.

The International Mineral Valuation Committee (IMVAL) was created in 2012 to create an international template or standard for mineral property valuation.

Prior to the development of this international template, there was no common template or standard for mineral property valuation. Instead, three national codes or standards existed, being CIMVal (Canada), SAMVAL (South Africa), and VALMIN (Australasia). Although these codes have many similarities, they have differences in structure, definitions, scope, and jurisdictional requirements.

In addition, minerals while in the ground are specified as a part of Real Estate in the International Valuation Standards (IVSs). The IVSs and the USA’s Uniform Standards of Professional Appraisal Practice (USPAP) also contain valuation standards of general application non-specific to mineral property valuation.

IMVAL is an international committee comprised of representatives of

SAMVAL (South Africa), CIMVal (Canada), VALMIN (Australasia), the SME Valuation Standards Committee (USA), and IIMA (USA). Representatives of the Royal Institute of Chartered Surveyors (RICS, UK), were also involved in the early deliberations of IMVAL. The third edition of the IMVAL template was released in June 2018.

**Legislative News**

**Waters of the U.S. Rule Sent Back to EPA**

A federal court says the 2015 Waters of the United States rule is unlawful under the Clean Water Act because of its “vast expansion of jurisdiction over waters and land traditionally within the states’ regulatory authority.” The court for the

Southern District of Georgia found the agency overstepped not just the CWA, but also the Administrative Procedure Act, which lays out the most basic rules governing how agencies may propose and establish federal regulations. The Georgia court kept in place a preliminary injunction preventing the rule from becoming effective in the 11 states involved with the lawsuit while the Environmental Protection Agency finalizes its own repeal and replacement of the 2015 rule.

**Improvement of the Implementing Regulations of the Endangered Species Act**

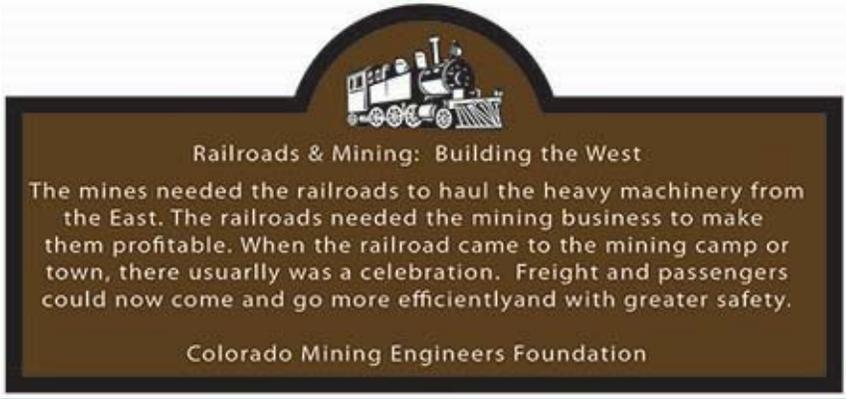
U.S. Secretary of the Interior David Bernhardt unveiled improvements to the implementing regulations of the ESA. The ESA directs that determinations to add or remove a species from the lists of threatened or endangered species be based solely on the best available scientific and commercial information, and these will remain the only criteria on which listing determinations will be based.

The revisions to the regulations clarify that the standards for delisting and reclassification of a species consider the same five statutory factors as the listing of a species in the first place.

The DOI press release can be seen at:

<https://www.doi.gov/pressreleases/endangered-species-act>

The **Colorado Mining Exhibit Foundation**, in cooperation with the Historical Society of Idaho Springs has added public information signage to the old # 60 steam engine in downtown Idaho Springs. The MMSA Colorado Section is a major supporter of the Exhibit Foundation. For more information, contact Guy Johnson at GPJ222@aol.com or 303-969-0365.



**QP seals are available from MMSA.**

The seal comes as a self-inking rubber stamp and the stamp is about 1 high by 2.6 inches wide. The stamp has the MMSA logo, member name, and member number. The cost is \$35, including shipping. To order a QP seal, contact the MMSA office or order directly from the MMSA shopping cart. The QP seal is in the Products category.

**2008 MMSA Centennial Medallions** are available for the great price of \$40. The coin has 1 oz of silver and 24 carat gold plating. Contact MMSA office to order.

