

# APSS NEWSLETTER

March 3, 2014

Volume 4, Issue 7

2013 - 2014

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This newsletter is published monthly.

For submission information contact Erica Baker-Bringedahl at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).

## Happy St. Patrick's Day

**Nancy Hillilia** - Have you heard of St. Urho? He's the invention of some Finnish-Americans who wanted to make sure that St. Patrick wasn't the only excuse for a celebration this time of year. Legend has it that he drove all the grasshoppers out of Finland with the incantation "Heinäsiirikka, heinäsiirikka, mene täältä hiiteen!" ("Grasshopper, grasshopper, go from hence to Hell!"), thus protecting Finland's grape harvest. All of my husband's grandparents were born in Finland, so that's where I got my introduction to St. Urho. His day is March 16, the day before St. Patrick's, and his color is purple. I try to have some pulla – Finnish cardamom bread – on hand to celebrate. It's a nice balance for the St. Patrick's day beets!



**Anna Platt** - I have celebrated St. Patrick's Day my whole life! I was born on that day many years ago and I love being an "honorary Irishman", since I know of no ancestral affiliation with that culture. In the past, I had consumed many green beers in honor of St. Patrick, but no longer feel the need to do that. So, I switched to a McDonald's mint shake instead - you might agree with me that the flavor is much better! Here is a picture of my last St. Patrick's Day birthday at work...hopefully you can't see the numbers on the cards!



## IT'S OFFICIAL!!

On February 25, 2014 the new APSS union contract was signed. A celebration was conducted on February 25 in Kirkhof to celebrate the new beginning of the Alliance of Professional Support Staff. At the conclusion of the celebration the agreement was signed by University and Alliance leaders. Here is a photo from this historic occasion.



*from left, Maggie McCrystal, Coreen Bedford and Scott Richardson*

## FOR YOUR INFORMATION

### APSS Building Reps

Alex Jacobsson	DeVos 3rd & 4th floors
Ann Platt & Janice Ponstein	Student Service -1st floor
Becky Bakale	Kirkhof Cntr
Bill Grimaldi	Alumni House, Service & Central Utilities
Carol Talsma	Cntr of Health Science & 515 Michigan
Cheryl Anderson	Manitou & Mac-C & D
Deb Rotman	Calder, Lake Huron & Superior, Arts Cntr
Erica Baker-Bringedahl	Seidman & Bike factory
Hollie Rago	Honors, Connection & Lake Michigan
Janet Potgeter	Henry, Padnos
Joyce Sullivan	AuSable
Patti Eisen	Riverfront, Kennedy, Eberhard, Ferguson
Patti McCarthy	DeVos 1st & 2nd floor
Roxanne Mol	Mac-A & B
Sandra Jennings	Field House
Open	Holland, Muskegon, Traverse City
Vicki Helgeson	Library-Allendale Campus
Sally Vissers	Lake Ontario
Rhonda LeMieux	Student Service-2nd & 3rd floors

***A Special THANK YOU to Wanda Isenga and Silvia Diedrich for serving as building representatives for the past 10 years. Wanda served the members on the 2nd & 3rd floors of the Student service building and Silvia served the regional centers (Holland, Muskegon & Traverse City). Thank you for your involvement here at GVSU!***

***If you are interested in being a building rep please contact Becky Bakale at [bakaler@gvsu.edu](mailto:bakaler@gvsu.edu).***



## HEALTH AND WELLNESS

### Want to run Riverbank?

Join our GVSU 5k, 10k or 25k Riverbank Run team! Open to all GVSU faculty, staff, students and alumni. Use the following team codes when registering online:

To sign up to participate on a team you will need the team name and password for the event you are running in:

Team Name	Password
GVSU5k	gvsu5k
GVSU10k	gvsu10k
GVSU25k	gvsu25k

If someone is already registered and wants to participate, contact Lindsey DeSarmo at [desarmli@gvsu.edu](mailto:desarmli@gvsu.edu).

#### COLLEGE/UNIVERSITY:

Must be an employee, retiree, current student, or alumnus of a specific college or university.

All team members must be associated with the same college or university.

Minimum of five and no more than 10 runners per team.

The top five finishers will count toward the team's score. If the team does not have five finishers, it will be disqualified.

Scoring is based on the combined times of the top five finishers on each team.



### 5/3rd Riverbank Run Training

Campus Recreation and Health & Wellness have teamed up to provide the GVSU community with an expanded Riverbank Run Training Program. More training, more locations, and more opportunities to train with fellow GVSU runners. **Come to any or all available sessions this year!**

March is national nutrition month! <https://www.facebook.com/NatlNutritionMonth>

## New Meditation for Beginners Class

Living in West Michigan, as beautiful as it is, can be difficult for all of us during the long, cold winter months. GVSU Human Resources Health and Wellness recognizes how challenging it can be to stay focused and productive at work with feelings of anxiety.

March 11-May 1 "Meditation for Beginners" will be offered on BOTH CAMPUSES for those who wish to learn practical methods of improving focus and overcoming feelings of SADness and stress.

Registration for this series can be found on Seminar.



## Rooms for Nursing Mothers

GVSU is striving to make it easier for nursing mothers to maintain breast-feeding after returning to work or school by providing private and comfortable rooms for nursing mothers. This national nutrition month, support and encourage breastfeeding for healthy babies.

<http://gvsu.edu/healthwellness/rooms-for-nursing-mothers-172.htm>

<http://www.womenshealth.gov/breastfeeding/>

## Gay Marriage Legal Ramifications

3/17 3:30-5:00 pm KC2270

This presentation on the Legal Ramifications of Gay Marriage will be an overview of both federal and Michigan law on same-sex marriage, including tax issues, property ownership rights and employment benefits. Presented by Wendy P. Holtvluwer Attorney at Law, Miller Johnson. Please register by visiting [www.gvsu.edu/seminar](http://www.gvsu.edu/seminar).

## Retirement – How to Retire Happy and Informed

4/10 3:00-5:00 pm BIK340

As you think ahead to the years of retirement, the door closes on one stage of your life and a new door opens up to a sea of opportunities for you to consider. Plan your new beginning by being well informed.

Please join us as we help you to explore your options with regard to social security, GVSU medical plan options and financial planning. All are welcome, including partners and family. Please register by visiting [www.gvsu.edu/seminar](http://www.gvsu.edu/seminar).



## HUMAN RESOURCE WORKSHOPS

### The Career Portfolio: Developing Professional Career

*Monday, March 24 from 11-1:00 p.m. at Allendale Campus - Russel H. Kirkhof Center 1142*

*Wednesday, April 9 from 12-2:00 p.m. at the Seidman Center 1008A*

This workshop focuses on developing the contents of the career portfolio: Resume, Curriculum Vitae, Cover Letter and References, etc. We will cover content, composition and style with emphasis on creating polished documents that make an impact and stand apart from the competition. We will also take a look at current trends and how a key part of your portfolio includes a professional social media presence. Presented by Kim Monaghan, Human Resources Career Services for Faculty and Staff.



### Professionalism Counts

*Thursday, March 27, 2014 from 9:00 a.m.-11:00 a.m. Richard M. DeVos Center, 302E*

Does professionalism really matter? Does it have any bearing on how successful you are or can be? This 2 hour interactive workshop will explore the many facets of professionalism and their importance to your career. Invest in yourself by attending this fun and informative program covering professional communications, the importance of presentation and deliver and constructive approaches. Presented by Kelley Monterusso.

**This program is approved for COT non-technical development credit**

## Professional Support Staff Appreciation Luncheon

Theme: "Spring Training"

Thursday, March 13, 2014

12-1:30 PM

Grand River Room  
Russell H. Kirkhof Center

Keynote Speaker: Tim W. Selgo, Director of Athletics at GVSU

Please RSVP online at [www.gvsu.edu/seminar](http://www.gvsu.edu/seminar)

Deadline to RSVP is March 5.

ALL Professional Support Staff are invited!



## MLK Up Cycling Day - Update

There were 120 participants throughout the day. Here is a list of what got accomplished.

Made:

35 blankets

80 hats

40 lanyards for cancer patients

60 yarn dolls that go with the pillow case dresses

60 cards

468 decorated lunch bags

35 pillow case dresses

30 knit hats for the needy or cancer patients.

Congrats to the participants for a job well done!



Spring is coming! Are you or someone you know graduating this April from Grand Valley? If so, please send me a short blurb about this person and what degree they are receiving by March 26 to [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu). Thanks!

*If you have used ink-cartridges that you want to recycle towards a good cause, please contact Carol Gielow at [gielowc@gvsu.edu](mailto:gielowc@gvsu.edu) or 1-6203. For the past ten years, Carol has assisted the Adopt-A-District program in the College of Education by coordinating a pop-can and ink-cartridge recycling project. With Funding Factory's 100% free recycling program, credits are earned throughout the year and are transferred into cash for Adopt-A-District. This program works to provide school districts with a variety of professional development opportunities, grant writing assistance, program development and maintenance, student volunteers and more.*

## DATES

### Birthdays

5 - Bob Kozminski  
 9 - Deborah Bell  
 9 - Linda Schmidt  
 10 - Maria Jaramillo-Gonzalez  
 13 - Jay Zink  
 14 - Danny Abbott  
 17 - Anna Platt  
 18 - Robyn Toth  
 19 - Jennifer Glaab  
 20 - Annukka Thelen

### GVSU Anniversary

1 - Ahsley Riley  
 1 - Angie Ryan  
 9 - Cherilyn Denomme  
 16 - Karen Martin  
 18 - Shelly Micho  
 Michelle Duram

### Wedding Anniversary

18 - Michelle Duram (37 yrs to her high school sweetheart Dave; they have 3 children and 4 grandchildren with one more arriving in late April!)



**Thinking of You Cards:** Do you know someone who is off work because of surgery, illness, or accident? Please let **Deb Barko** know. She will send a card from our Association.