

APSS NEWSLETTER

April 1, 2014

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This newsletter is published monthly.

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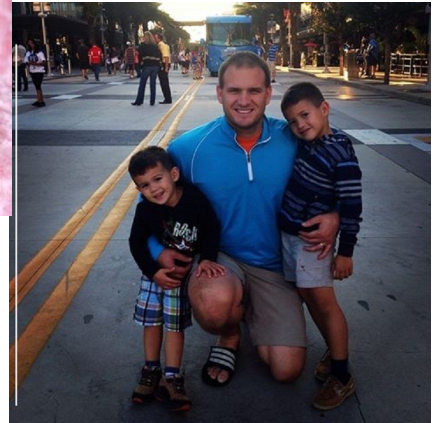
Spring Luncheon

This years PSS Spring Luncheon was on March 13, 2014 with Tim Selgo as the guest speaker. I think I can speak for everyone that his PowerPoint was the best anyone has seen. Thank you to the PSS committee for a great luncheon!



IN THE SPOTLIGHT: FACILITIES

Diane Deryke - I have worked for GV since September of 1997. The first 9 years I worked in the Registrar's Office and then moved to Facilities Services in 2006. I have two children Andrew who now lives in Boston, and Emily who lives in Grand Rapids. I have three grandsons Wyatt 6, Tucker 5 and Lucas3; and this past January was blessed with my first granddaughter Madalen. I love to spend time with my family, read, dance, bike, rollerblade, and laugh with good friends!



Michelle Holstege – I have worked at GVSU for 14 years. I have been in the Facilities Services for almost 7 years. The people that I work with are the best part of this university! Where else would you dress up for Halloween every year and get away with it! In this office we have been superheroes, rock stars, and pirates (to name a few). This is my home away from home. I graduated from GVSU and had to come back! I have been married for over 20 years to Kevin and have two BUSY kids. Jessi is a Freshman and Cam is a 3rd grader. I spend all my extra time (which isn't much) running around to their sports/activities (like all the moms/dads out there!!!) I serve on my son's school board and have been the secretary for our union for 9 years too. I love to play golf and now that my daughter plays for HS I can't wait for spring/summer to play more as a family. As a family we love to camp in the summer and spend a lot of time at the county fairs for 4H, or just hang out by the pool or fire pit.



Cheryl Fischer - I am now in my 21st year as the University's Customer Service Assistant. My office is located in Facilities Services, which is the distribution point for all the maintenance, custodial and grounds work that needs to be done on the Allendale campus. I love my job and still find it very rewarding. There is something different happening every day. My children say that we have too much fun and I won't disagree. My co-workers are just as crazy as I am and are always willing to participate in dressing up for holidays or planning a department function. We recently had a department scavenger hunt in downtown Grand Rapids as a team building event. Our teams were distinguished by stove pipe colored hats. It was hilarious to see the tall hats running all over the streets. I have been



the Chief Steward for the APSS Union for approximately 16 years and was a steward on the grievance committee for the two years previous. My goal is to maintain a positive relationship between our APSS members and Grand Valley State University. I am married 37 years to my best friend, Charlie. I have 2 dogs, 1 cat, 4 wonderful children with their spouses and 9 awesome grandchildren. I love being a grandma!!!

Kathy Bausano - I have had the pleasure of working at GVSU almost 19 years. I've worked in the Facilities Dept. most of those years but spent a little time in other offices. I thoroughly enjoy the people I work with. It's a fun group. I live in Allendale with my 16 year old son Josiah and our fat cat Colby. My son, Jonathan recently returned to Michigan after 6 years in the USAF and I love having him back in the area. Jon has a girlfriend with a baby so I get to play the role of Grandma to an amazing little guy. I cherish those moments. I'm a very active person. I enjoy playing golf and tennis. I'm always looking for a tennis opponent so I'll put a plug in for those who play to contact me! The beach is my favorite spot to be and you'll find me there often in the summer! My friends and I like to go out and listen to local bands and dancing is one of my favorite activities. I rarely stay home unless I'm working on a home improvement project but of course there's always something that needs repairing or painting. It's a busy life but I enjoy every moment!



Diane Wujcik - I have been with Grand Valley for 5 ½ years now. I am the Office Coordinator in the Key Records Department. It is a fast paced job and keeps me in contact with a large portion of the Staff and Faculty. I especially like working with my student workers. I enjoy getting to meet new people on a daily basis and also feel very lucky to be working with a great group of people at Facilities. On a personal note, I have three sons, Tommy, Colin and Evan and we all live in Spring Lake. Our pet is a cat named Maglio Ordonez Savard Wujcik... Maggie for short (can you tell we are Tiger fans!!) My oldest son has a master's degree from GVSU and is trying to find his way in his career. My middle son is going to school at MCC with hopes of transferring to GVSU and my youngest is a sophomore at Spring Lake High School. It is never a dull moment around the house with two adult children and my 16 year old. Although it is hectic, I enjoy having them at home for the time being. I enjoy all kinds of activities and I am a huge fan of the Detroit Tigers. Go Tigers!! Although I would love to sleep a little longer in the mornings, once I get to work I couldn't think of a better place to work than GVSU.



Molly Galloway - I started working at GVSU in June of 2008 as an Architectural Assistant in the Facilities Planning department. I graduated from Ferris in 2006 with a B.A. in Facilities Management and again in 2007 with my M.B.A. I enjoy my job because I work with a great group of individuals and love that every day is different. I have been with my wonderful husband for 11 years, 4 of which we have been married. We have been blessed with two beautiful and sweet little boys (Wyatt 2-1/2 and Owen 8 months) who are the joy of our lives. We live on 30 acres near Hardy Dam which allows us to do many of our hobbies such as hunting, fishing, lounging on our pontoon, and trail riding on our quads. In our free time we also enjoy spending time with our family and friends and traveling.



HEALTH AND WELLNESS

Get ready to ride! WALK ROLL RIDE

Active Commute Week is coming up May 12-18th. Get ready to track your trips to win prizes and help GVSU win the Active Commute Week Challenge by registering for West Michigan Rideshare through the Rapid. Learn how to use the program and about active commuting during our on campus workshops April 10 and 23rd on the Pew Campus. Register online at www.gvsu.edu/seminar.



Get ready to be active! Be Active Challenge!

Be Active Challenge!

This 6-week team-based physical activity challenge will get you moving toward better health. Any exercise – aerobic, strength or flexibility- counts! We'll keep you accountable and give you tips along the way. Whether you want to lose weight, improve your health, or have some friendly competition with your co-workers, this challenge is for you! Gather your team of 2 to 5 and get ready to *Be Active*!

Register Online from April 14 – 25

Submit team registration via electronic link at www.gvsu.edu/healthwellness

Weekly goal of at least 150 minutes of activity per participant

FREE to participate!

Play April 28 – June 8

Be Active!

Track and submit your activity minutes each week through a personalized link

Receive healthy tips each week

Win

Meet or exceed weekly goal of 150 minutes and be eligible for prizes

Weekly drawings – Gazelle Sports gift cards

End-of-challenge drawings – Fitbit or Aria wi-fi smart scale

Get ready to eat fresh! FARMERS MARKET

Kicks off June 4th 10am-1:30pm in Parking Lot G (across from the Student Services building)

Summer Grill Challenge 12-1pm. vote for your favorite grill recipe!

EAT HEALTHY.BUY LOCAL

www.gvsu.edu/farmersmarket



Get ready to retire (well, some of us :)) How to Retire Happy and Informed



Date: April 10, 2014

Time: 3:00 p.m. - 5:00 p.m.

Location: Bicycle Factory, Rm 340

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.

PSS WORKSHOP

Student Success Collaborative

Details

Category: Human Resources

Series: PSS Development Workshops



Dates & Times

| DATE | TIME | LOCATION | OPEN SEATS | |
|----------------|------------------|--------------|------------|-------------------------|
| April 15, 2014 | 9:00am - 10:00am | 2266 Kirkhof | 21 | sign up |
| April 16, 2014 | 2:00pm - 3:00pm | 107D DeVos | 33 | sign up |

Description

The Student Success Collaborative is a new tracking system to intervene earlier and help students who are struggling with their current major. This can also be used to assist students in finding the right program for them in order to finish their degree. PSS can come learn about the program and how they can support GVSU students using it. Presented by Mike Messner, Director of the Student Academic Success Center.



Program approved for PSS Development Credit.

HUMAN RESOURCE WORKSHOPS

The Career Portfolio: Developing Professional Career

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.

Moving Up - Preparing for Career Advancement

Monday, April 14 from 11 a.m.-1:00 p.m. Russel H. Kirkhof Center 1142

Wednesday, April 16, from 12:00 p.m. – 2:00 p.m. Richard M. DeVos Center 302E

Even though you excel at your job there's always room for improvement. And when it comes to taking a leap to the next position, it's prudent to plan in advance. A new role with a new team, under new leadership in perhaps a new division brings an entirely new set of expectations. Whether you're planning to transition soon or not for several years, it's wise to start now implementing strategies that will increase your chances for success. In this workshop, we'll discuss mandatory professional development expectations, strategies for building your strong interpersonal skills and strengths and tips for increasing your transition potential. Presented by Kim Monaghan, Human Resources Career Services for Faculty and Staff.



Interview Roundtable

Wednesday, April 2 from 12 p.m. – 2:00 p.m. Richard M. DeVos Center 302E

This a “come to the table” interactive session focused on interviewing. With a goal of building your confidence, comfort and success in an interview, this roundtable will address questions, dialogue, challenges and concerns, and will include “mock interview” moments. This is the “everything you ever wanted to know, but were afraid to ask” roundtable session. Please bring your lunch, dress comfortably and be ready to respond to questions, provide feedback and discuss all the do's, don't's, why's and what it takes to succeed in your next interview. Facilitated by Kim Monaghan, Human Resources Career Services for Faculty and Staff.



APSS UNION NEWS

APSS Board Election

The election will be held Tuesday, April 22 (the 3rd full week in April). Look for communication from your building rep about how to vote.

Current membership numbers

APSS – 358
Right To Work – 8
Probation – 3
No form received - 6

Dues Reminder

We will begin to see the \$10 per pay deduction for union dues on the April 8th check. Dues are taken out of 24 checks per year.

GVSU Campaign

Have you seen this photo around on a billboard or bus? This is Michelle Duram's son Josh! He was in Egypt on a GVSU Study Abroad when that photo was taken. He had such an amazing experience and has recently begun his teaching career at New Buffalo High School in New Buffalo MI. That experience certainly was very helpful to him being offered that teaching job! He is teaching History, Biology and Chemistry in New Buffalo. Study Abroad EVERYONE!! He also studied abroad in England with side trips in Scotland, etc.



APSS UNION NEWS CONTINUED

Bargaining Committee

The bargaining team will begin research and contract review in late April. Bargaining team members are: Chair – Coreen Bedford, Cheryl Fischer, Shawn Evans, Jeffrey Rollins, Janet Potgeter. Rhonda Lemieux will also be joining the team when she is available. Jeffrey, Janet and Rhonda are all new team members with backgrounds and experiences that will broaden team perspective. This is a good mix of member representation and they look forward to getting the job done!

Book/Literature Review

This article surfaced today from my desk. When I received it, I thought it was very interesting, not surprising, but really affirming for women. Especially in view of the collaborative changes made in our Union, I think it is fitting. - Jean Kolb

Excerpt:

A landmark UCLA study

suggests that women respond to stress with a cascade of brain chemicals that cause us to make and maintain friendships with other women. It's a stunning find that has turned five decades of stress research---most of it on men---upside down. "Until this study was published, scientists generally believed that when people experience stress, they trigger a hormonal cascade that

revers

the body to either stand and fight or flee as fast as possible," explains Laura Cousino Klein, Ph.D., now an Assistant Professor of Biobehavioral Health at Penn State University and one of the study's authors. "It's an ancient survival mechanism left over from the time we were chased across the planet by saber-toothed tigers."

For the full article click the link below.

http://robotics.usc.edu/~agents/miscellaneous/resources/data/UCLA_Study_On_Friendship_Among_Women.pdf

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



Ann Platt would like to introduce her new granddaughter, Alina Grace Koskela-Platt, born on Valentine's Day! Isn't she cute?

DATES

Birthdays

6 - Judy Conroy
8 - Diana DeRyke
9 - Leah Thomas
17 - Joanie Hodson
17 - Lori Haisma
20 - Janet Potgeter
22 - PJ White
27 - Sara Sabo

GVSU Anniversary

9 - Judy Conroy
18 - Anita Bikowitz
24 - Dan Wezeman
27 - Jacqueline Adams

Wedding Anniversary

9 - Michelle Van Nuil

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.

