

# APSS NEWSLETTER

October 3, 2016

Volume 7, Issue 4

2016-2017

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This newsletter is published  
monthly.

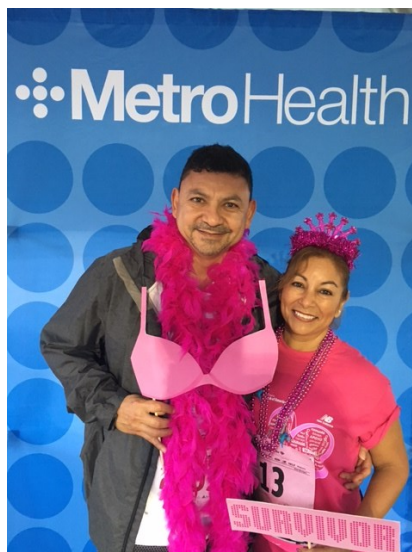
For submission information  
contact Erica Baker-Bringedahl  
at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).



**Aaron Velting** - I'll be running the GR Marathon with My Team Triumph – it is pushing a child/adult in a stroller.



**Maria Jaramillo-Gonzalez** - These are from the Susan Komen race on September 17, 2016.



**susan G.  
komen®**  
MICHIGAN



**Amy Gascon** - For families with young children the Grand Rapids Art Museum is hosting “The Seriously Most Amazing Halloween Party of All Time!” on October 29<sup>th</sup> from 12pm-4pm. It will feature trick-or-treating in the galleries, art making in the studio, story time, and a seriously awesome costume fashion show in collaboration with AIGA West Michigan and Big Brothers Big Sisters of Greater Grand Rapids. Here is a [link](#) to the event.

(I happen to be emceeing the fashion show portion :0) )

**Jennifer Cathey** - We love fall and try to get to as many fall fun play areas as possible. We go to the play area at Koetsier’s in Ada which has bounce houses, tractors to pedal, games, snacks, a hayride that includes picking a small pumpkin, and our favorite Bumblebee Express ride. Next we head to Robinette’s Apple Haus in Grand Rapids township to play, pick apples, jump on the jumping pillow, many hours there playing games, seeing animals, jumping on the large jumping pillow, taking a ride around the orchard to pick different kinds of apples, and, yet again, eating donuts!

Pictures – My 2 year old jumping at Klackle, my two boys and a friend playing at Robinette’s, and my two boys on the Bumblebee ride at Koetsier’s.



# HR WORKSHOPS

**\*All Excellence Series workshops are approved for Non-Technical credit**

## Micro Aggression Workshop

The workshop will be facilitated by: Relando Thompkins-Jones for downtown and ReChard Peel for Allendale  
Thursday, October 20 from 2-4 p.m. in DEV 136E

Wednesday, October 26 from 1-3 p.m. in Allendale, room TBD

Through conversation, activities, and group work we will develop an understanding of microaggressions, how they inhibit the creation of inclusive communities, and how as staff we can interrupt our own use of harmful language and actions as well as learn skills to intervene when we witness microaggressions happening around us. It is our hope to create a safe and open space where staff can ask questions and learn together how our identities and experiences impact the assumptions we make and the types of spaces we are a part of creating. Lastly, we will be sharing resources and opportunities to engage in learning beyond this workshop. Approved for PSS Non-Technical Credit

## How to be Assertive without Appearing Aggressive

Wednesday, Oct. 12 at noon in KC 2259

This seminar will be presented by Dev Butler of Human Resources. Please go to [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout) to sign up. Approved for PSS Non-Technical Credit.

## Getting Started with Google Apps

Tuesday, October 11 from 10 am – 12 pm

111 Henry Hall - Allendale

Want to easily work with different versions of a file, find facts faster or send out a quick form? Google Apps has the tools to get these and other tasks done more efficiently and they're all free. Plus, you can access your Apps from virtually any medium – computer, smartphone, or tablet. Apps range from a Microsoft Office-like suite of productivity tools which allow you to create documents, spreadsheets and presentations to advanced search features and beyond. Because there's just so much to look at, this workshop will be more of a guided tour than an in-depth hands-on session. This class is approved for PSS Technical credit.

## What Mommies Do Best

Now offered on the Pew Campus!

Join us the 3<sup>rd</sup> Thursday of each month from 12 – 1.

October 20<sup>th</sup> session: Life Hacks/Organization Tips and Tricks: Do you have a great life hack, short cut, or organization tip that makes parenting easier? Come share with the rest of us! Learn from other moms how they manage the chaos, keep things clean and organized, and prepare their kids for school. Register on Sprout today! (lunch provided)



## HEALTH & WELLNESS WORKSHOPS & INFORMATION

# 2017 OPEN ENROLLMENT

Begins **October 18** at 8 a.m. ET  
and closes **November 2** at 5 p.m. ET

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## HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE

[gvsu.edu/healthwellness](http://gvsu.edu/healthwellness)

<http://www.gvsu.edu/healthwellness/benefit-information-center-40.htm>



[https://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/flu\\_clinic\\_dates\\_2016\\_-002-.pdf](https://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/flu_clinic_dates_2016_-002-.pdf)



[www.gvsu.edu/pc](http://www.gvsu.edu/pc)

## Walk with the President

### Where

The walk will begin following an Exercise Proclamation signage by President Haas at the Clock Tower

### When

Friday, October 7<sup>th</sup> @ 10:00am

### Details

We will have t-shirts for the Movement Science faculty and a promotional photo will be taken before the walk begins. Please let us know if you will be attending and your shirt size and we can deliver sooner than that morning. The walk will include educational material as well as exercise events along the way. We will be accompanied by Louie and GV's marching band!

**2016-2017****Building Representatives**

Cheryl Bronner 1-3327  
Student Service-1<sup>st</sup> floor

Tami John 1-2350  
Kirkhof Cntr

Bill Grimaldi 1-3859  
Alumni house, Service &  
Central Utilities

Carol Talsma 1-7323  
Cntr of Health Sciences &  
515 Michigan

Barb Ellis 1-8611  
Copy Center, Laker Store, &  
Kindschi

Cheryl Anderson 1-3482  
Lindsey Burns 1-2186  
Mac- A-D

Deb Rotman 1-2566  
Calder, Superior, & Arts cntr

Mark Saint Amour 1-7029  
Bike Factory  
Seidman Center

Hollie Rago 1-3426  
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Lake Michigan

Janet Potgeter 1-8531  
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Joyce Sullivan 1-3730  
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Traverse City

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Sally Vissers 1-8058  
Lake Ontario Hall

Rhonda LeMieux 1-3585  
Student service 2<sup>nd</sup> & 3<sup>rd</sup> floors

Patrick Perry 1-6202  
DeVos 3<sup>rd</sup> & 4<sup>th</sup> floors

**Members Relations Team**  
Cheryl Fischer-Chair 1-3000

Michelle Duram 1-3298

Vicki Helgeson 1-2630

# UNION NEWS

## Keep Your Work Life Positive

### Cultivate a Positive Work Attitude

- Take responsibility for your own life
- Prepare for the day's activity at a reasonable pace
- Think about all the positive things you expect to accomplish during the day and always expect the best.
- Smile & Laugh often
- Develop a habit of using only positive language
- Surround yourself with positive people
- Perform your work with passion & enthusiasm
- Always give thanks, acknowledge a job well done and celebrate successes, even the small ones
- Look for the good in every bad/challenging situation
- Eat Healthy

### Having a Positive Work Attitude

- Better for your mental health because you are better able to cope with stressful situations at work
- Ability to inspire and motivate self & others
- Ability to turn every challenge into an opportunity, or make less than ideal situations into better ones
- Seen as role models and garner more respect
- Other employees around you will also adopt a positive work attitude making it easier for everyone to get along in the workplace
- Perceived as a leader and get more special projects to work on
- You expect positive outcomes and results
- Ability to stick to activities & see them through
- Resilience-ability to bounce back from setbacks
- Stronger immune system

There are many helpful tools on the HR website: Communication in the workplace, What is workplace conflict, Four essential skills for managing differences and resolving conflict, etc.



**APSS Fall Luncheon**  
**Thursday, October 13**  
**Noon-1:30 PM**  
**Grand River Room, KC**



### SUGGESTIONS FOR UPCOMING ISSUE

For the next newsletter, I am looking to share your Halloween photos! I want to see costumes, parties, etc. Send them to me, [Erica](#) by October 26.

### OCTOBER DATES

#### Birthdays

8 - Linda Rettig  
 14 - Victoria Stubbs  
 16 - Angela Munford  
 21 - Sherri Hall  
 29 - Cheryl Fischer  
 30 - Michelle Van Nuil  
 31 - Janine Warfield

#### GVSU Anniversary

6 - Dawn Nagelkirk  
 10 - Tracie Samdal  
 11 - Jay Zink  
 12 - Angela Munford  
 12 - Deb Rotman  
 14 - Suzanne Rogers  
 Lori O'Bradovich  
 Kathy Bausano

#### Wedding Anniversary

1 - Roxanne Mol  
 3 - Julie DeVecht  
 10 - Maria Jaramillo-Gonzalez  
 19 - Jennifer Glaab  
 22 - Oliver Aguilera

If you would like your birthdate, GVSU anniversary, and/or wedding anniversary published in the newsletter email Erica at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).



**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.**