

# APSS NEWSLETTER

September 2, 2014

Volume 5, Issue 2

2014-2015

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[apssgvsu.org](http://apssgvsu.org)INSIDE THIS  
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This newsletter is published  
monthly.

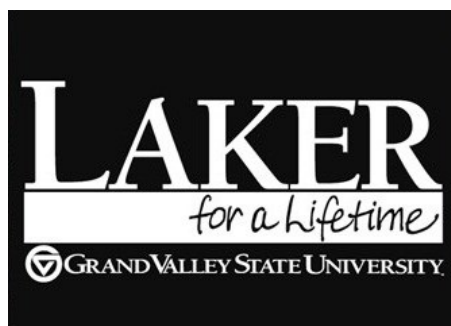
For submission information  
contact Erica Baker-Bringedahl  
at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).

## OFF TO SCHOOL

**Donna Scholten:** My granddaughter, Kelsey Brennan, just started at Grand Valley, and she's loving it. I'm so proud of her. She's in the Honors College expecting to major in CIS. In this photo Kelsey is on the far left. I was going to ask her if she'd met President Haas yet, then I saw this photo on Facebook. Now I know.



**Sue Peterson:** This is my son, Kyle and I at his graduation ceremony in June. I'm so proud of him! He's officially a LAKER...say hi if you see him around campus.



**Darrhonda Scott-Jones:** So very proud of my son, DaRohn Scott who is off to college at Central Michigan University on a full basketball scholarship. FireUpChips!!!



# CAREER WORKSHOPS

## Young Professionals in Higher Education

Monthly networking and leadership development programs will take place on Thursdays at either 8:30 a.m. to 9:30 a.m. or 12:00-1:00 p.m Starting September 4, 2014 – All program dates and details are listed on Seminar Site.



## Moving on Up - Preparing for Career Advancement

*Monday, September 15, 2014 from 9:00 -11:00 a.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.



# HEALTH AND WELLNESS

## Pedometer Challenge

October 8-November 19

Team Registration September 15-October 8



New pedometer provided to all participants!

The Pedometer Challenge is a 6 week fitness competition open to GVSU faculty and staff that allows participants to compete by tracking pedometer steps as an individual or as part of a team.

The challenge is designed for participants of all fitness levels. We'll provide you with the tools and resources to easily set goals, track your progress and motivate a team. Prizes are awarded for teams who earn the most steps and reach set goals.

[Register online](#) starting September 15<sup>th</sup>.

## Small Group Fitness

Are you ready to take your fitness level to the next step? [Small group instruction](#) is an alternative to one-on-one training. Whether it be for fat loss, general conditioning, or elite level athletics, the added motivation of having others working out in the same room with you pushes you to a new effort level. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals at an economical rate. Class size is limited to 8 people.

12 week session begins September 9th.

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

Cost: \$60/opportunity to carry over payment into the next series!



## Learning the Art of Mindfulness

*Be happy in the moment, that's enough. Each moment is all we need, not more."*  
~ Mother Teresa

During this 6 week Introduction to Mindfulness workshop, Dr. Sue Dilsworth will guide you through the basic principles of meditation and mindfulness introducing a new technique each week. The first half of the session will be spent learning about the healing benefits of meditation and mindfulness. The second half of each session will be an opportunity to calm your mind through relaxation techniques using Gong Meditations and Yoga Nidra. The 45 minute sessions will be primarily experiential. No prior meditation experience necessary. Individuals with mobility or physical limitations welcome.

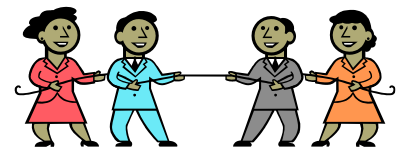
Please visit [www.gvsu.edu/seminar](http://www.gvsu.edu/seminar) to register

Mondays beginning October 6<sup>th</sup> through November 10th  
12:10 – 12:55pm KC2270  
\$30.00 fee for the 6 week class



## GVSU Conflict Resolution Process (CRF) and Meditation Services

Relieve job stress: manage differences, resolve conflict, and achieve a positive environment.



Grand Valley State University is aware that the potential for conflict always exists; the University also believes that there are effective tools for dealing with conflict, tools that range from conversation with a neutral party to facilitated meetings and mediation to the more formal complaint and grievance procedures. The basic philosophy of the Conflict Resolution Process is that by learning to constructively resolve conflict, any of us can turn a potentially destructive situation into an opportunity for creativity and enhanced performance. [Visit the website](#) or contact Sue Sloop for more information at [sloops@gvsu.edu](mailto:sloops@gvsu.edu)

**2014-2015****Building Representatives**

Ann Platt/ 1-2792  
Janice Ponstein 1-2025  
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Kirkhof Cntr

Bill Grimaldi 1-3859  
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Rhonda LeMieux 1-3585  
Student service 2<sup>nd</sup> & 3<sup>rd</sup> floors

OPEN  
DeVos 3<sup>rd</sup> & 4<sup>th</sup> floors

## SAVE THE DATE

### APSS Luncheon - October 16

### PSS Appreciation Luncheon - March 12



## SUGGESTIONS FOR UPCOMING ISSUE

Do you love Halloween? Do you dress up or take children out trick or treating? If so, please submit photos of you or others dressed up for Halloween to [Erica](#) by September 25.



## DATES

**Birthdays**

1 - Amanda Reader

5 - Darlene Roper

10 - Mary Ann Holcomb

15 - Michelle Hodde

15 - Shelly Micho

19 - Angie Ryan

20 - Doriana Gould

24 - Roxanne Mol

25 - Deb Barko

25 - Linda Longnecker

27 - Michelle Duram

**GVSU Anniversary**

3 - Michelle Hodde

5 - Bob Kozminski

8 - Diane DeRyke

11 - Sue Willemssen

19 - Alex Jacobson

26 - Patti Eisen

27 - Irene Fountain

Hollie Rago

Barb Brower

Joan Visser

Deb Barko

Leah Thomas

Tina Lee

Jacquelyn Abeyta

**Wedding Anniversary**

3 - Darlene Roper

6 - Bob Kozminski

11 - Carrie Shoup

14 - Pat Cox

18 - Ashley Riley

21 - Jalyn Kamp

27 - Mary Van Popering

29 - Anna Platt

Deb Barko

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.

