

APSS NEWSLETTER

September 4, 2018

Volume 9, Issue 3

2018 - 2019

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This newsletter is published monthly.

For submission information contact Erica Bringedahl at bakereri@gvsu.edu.



Amanda Brower - I will have a GVSU senior and a GVSU freshman in the Fall. Katie is studying pre-physician studies and will be graduating from GVSU April 2019 and is currently applying to PA programs. Karlee (in graduation cap and gown) will be a freshman at GVSU in the fall and is undecided about her major. She is super excited to make GVSU her home and meet lots of new people.



Sandee Snyder - My granddaughter, Kylee, is very excited to start pre-school at Legacy Christian Schools, in Byron Center – on Tuesday & Thursday mornings. She is 3 ½ years old. She is the daughter of my youngest son Kyle and his wife Christa.

Kylee also enjoyed two sessions of “dance camp” at the Grand Rapids Ballet this summer!! She will start her second year of tap and ballet lessons at the Academy of Dance Arts this fall. She loved being on stage at her dance recital in June.

Kylee is the love of my life!

Also, Kylee’s Dad (Kyle) will be starting Davenport University this fall to complete his Bachelor of Science degree – Network Mgmt/ Security.



Kylee and Kyle at Wabasis Lake!



MEMBER NEWS

Patti Eisen is celebrating 30 years at GVSU on September 26!

Congrats Patti!!



Janet Potgeter went on a fantastic vacation in Scotland, hiking on the Orkney islands and visiting the mainland in July. Her Wilderness Scotland hiking group walked about 40 miles over 5 days and visited sites including the Old Man of Hoy and Skara Brae, and numerous brochs, tombs and standing stones. The scenery was breathtaking and the ancient ruins have great history. She loved Edinburgh and got to spend a few days there too before joining another group for a bus tour in the Highlands and over to Syke.



HEALTH & WELLNESS WORKSHOPS & INFORMATION

NEW HEALTHY CATERING MENU

Available now through Campus Dining!

Grand Valley State University Campus Dining has collaborated with the Partnership for a Healthier America to create a catering menu that only includes food and beverages that meet healthier food and nutrition guidelines. All menu offerings meets Partnership for a Healthier America grams of trans fat in all menu items. All beverages are lower in calories, added sugar and fat. All dressings are served on the side with oil and vinegar as an option. No fried foods are allowed. Enjoy!

<https://www.gvsu.edu/healthwellness/healthy-meeting-guidelines-and-catering-menu-264.htm>

GVSU FARMERS MARKET September Events

Bike Tune Ups, September 5

Cooking Demo, September 19

Free community parking next to the market!

Visit the [farmers market website](#) and follow the market on [Facebook](#), [Instagram](#), and [Twitter](#) for updated information throughout the season.

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UNION NEWS



*Save
the
Date*

APSS Luncheon

October 11, 2018

12:00 - 1:30 PM

Grand River Room, KC



HR WORKSHOPS

Open Hearts, Open Minds

Wednesday, September 26, 2018

1:00--4:00 p.m.

2270 Russel H. Kirkhof Center

Presented by Dr. J. Devereaux Butler, Director of Staff Relations and Development & Elisa Salazar, Work Life Consultant

We all have a biased, incomplete view of the world. Our minds naturally construct a world that benefits us. It is normal to search the world for data confirming our beliefs and discount/ignore/justify contradictory information. We often struggle to see where we might be at fault, where we might be the problem. When we cannot—or refuse—to see ourselves as the problem we live in “a box.” Our box of justifying self-deception limits us from reaching our best potential. It ruins our relationships and effectiveness at home, work, and play.

Based on the book *Leadership and Self-Deception: Getting Out of the Box* and seminal work on mental models, this class will teach participants to:

- Identify destructive patterns in our relationships
- Recognize when others are in need
- See others as humans rather than objects to be used, avoided, or endured
- Build nourishing relationships with firmness and respect

Approved for non-technical credit

*An alternative date is available in November

HR WORKSHOPS CONTINUED

Excellence Series events

All Excellence Series events are approved for PSS credit.

Panopto for PSS and APs

2:00 – 3:30 PM
Thursday, October 4
111 HRY Allendale

10:00 - 11:30 AM
Thursday, October 4
513 EC Downtown

Panopto is GVSU's new campus wide solution for capturing, creating and playing back video. With its new tools and capabilities, Panopto has the ability to edit video, search its contents, add closed captions for accessibility and create discussions and assessment questions directly within the video content. Panopto is the perfect solution for creating and distributing informational, training or help related videos.

Learning Objectives:

After completing this workshop, participants will be able to:

- Access their personal Panopto account
- Record their desktop using the built-in Panopto Recorder
- Trim and edit their finished recordings
- Set permissions for sharing their recordings

Approved for technical credit. Please register on [Sprout](#).

GVSU Mom's Network – Grand Rapids

12:00 – 1:00 PM

Thursday, September 20

303C DeVos

Topic: Bullying. Please register on [Sprout](#).

GVSU Moms Network - ALLENDALE

12:00 – 1:00 PM

Tuesday, September 18

1012 JHZ

Celebrating Moms: Guest Speaker – The Fresh Food Fairy & Chair
Massages. Please register on [Sprout](#).

**2018-2019
Building Representatives**

Cheryl Bronner 1-3327
Student Service-1st floor

Tami John 1-2350
Calder Arts &
Kirkhof Cntr

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

Carol Talsma 1-7323
Cntr of Health Sciences,
& Raleigh J. Finkelstein

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

Lindsey Burns 1-2186
Mac- A-D

Deb Rotman 1-2566
Lake Huron & Lake Superior

Mark Saint Amour 1-2530
Manitou & Fieldhouse

Hollie Rago 1-3426
Honors, Connection, Zumberg &
Lake Michigan

Janet Potgeter 1-8531
Henry, Holton Hooker, &
Padnos

Joyce Sullivan 1-3730
AuSable

Autumn DeRoo 1-5936
Kennedy, Eberhard, Ferguson

Patti McCarthy 1-6751
DeVos 1st & 2nd floor

Sandra Jennings 1-6848
Bike Factory &
Seidman Center

Vacant Position
Holland, Muskegon &
Traverse City

Vicki Helgeson 1-2630
Library-Allendale campus

Vicki Wenger 1-3898
Lake Ontario Hall

Lindsay Bogi 1-3266
Student service 2nd & 3rd floors

Patrick Perry 1-6202
DeVos 3rd & 4th floors

Members Relations Team
Rhonda LeMieux -Chair 1-3268

Michelle Duram 1-3298

Vicki Helgeson 1-2630

IMPORTANT DATES

Labor Day Holiday - September 3

No classes - September 3-4

SUGGESTIONS FOR UPCOMING ISSUE

Looking to share fall news or events coming up. If you have anything to share, email Erica by September 26.

SEPTEMBER DATES

Birthdays

1 - Amanda Reader

4 - Bev Nyhuis

5 - Darlene Roper

15 - Michelle Hodde

15 - Shelly Micho

19 - Angie Ryan

24 - Roxanne Mol

25 - Deb Barko

27 - Michelle Duram

27 - Julie Carbine

GVSU Anniversary

Tina Lee

Deb Barko

Hollie Rago

Leah Thomas

3 - Michelle Hodde

5 - Bob Kozminski

26 - Patti Eisen

27 - Irene Fountain

Wedding Anniversary

3 - Darlene Roper

6 - Bob Kozminski

11 - Carrie Shoup

14 - Pat Cox

18 - Ashley Riley

21 - Jalyn Kamp

27 - Mary Van Popering



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.

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