

APSS NEWSLETTER

December 3, 2018

Volume 9, Issue 6

2018-2019

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This newsletter is published
monthly.

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

Editor's Note

As the year is ending, I have been reflecting on my career aspirations and what is my next step. What does the next five years look like? I grew inspiration from fellow colleagues and students who are here taking their steps towards their goals in life. It made me reflect on the goals I set when I was in my undergraduate program. Why did I give up those goals and why can't I go for them now? What is holding me back? Nothing really. The path will be difficult, but I am ready for the challenge and change in career paths. Next year I will be working on my application to the Ph.D. Anthropology program at Michigan State University. If I am accepted, I will be starting the program fall 2020. At that time, I will leave GVSU to pursue the degree full time. My career goal after receiving my Ph.D. is to teach full time at a university or college. This was my ultimate goal for my life and it feels amazing to be taking the first steps in achieving this goal. As I make plans to transition out of GVSU, I want to pass the union newsletter off and also guide anybody who is interested in becoming the next Communications Director for the union. I have enjoyed this position and creating the monthly newsletter immensely. My union position will be up for elections in March, so please take this time to consider running for my position and taking over the monthly newsletter. If you are interested, I encourage you to reach out to me to discuss the position. This might be your next step for your life and career goals! In closing, I appreciate all of your emails and notes throughout the past years of love and appreciation for the newsletter. It truly has been a blessing. Much appreciation, Erica.

MEMBER NEWS

Janet Mills - I will be retired as of 12/14/2018.



Cassandra Hinzman - I make a really easy no-bake dessert for the Holiday Gatherings:

Fluffy Cheesecake

- 1- 8 oz. package of cream cheese
- 1 cup Sugar
- oz. Tub Cool Whip
- 1 -Ready-made Graham Cracker Crust

Cream sugar and cream cheese together. Blend Cool Whip into mixture.

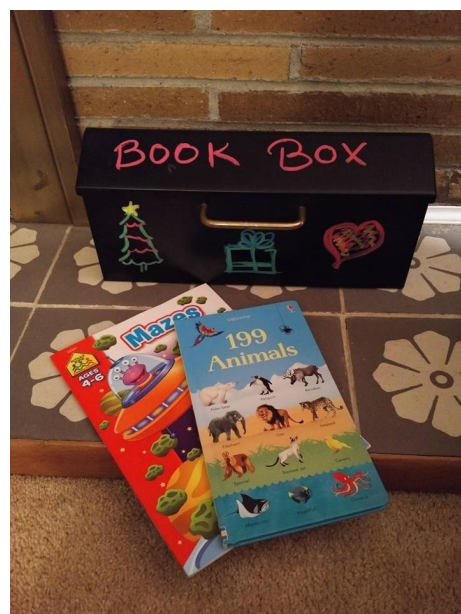
Pour into Ready-made Graham Cracker Crust. Chill overnight. Serve.

Variation for Diabetics:

- 1 cup Sugar = use 1 cup of Splenda Granulated or Trivia Granulated instead
- 1/3rd less fat cream cheese
- Cool Whip Lite (Do not use Cool Whip Free it will not set)

This is always a big hit!

Jenn Palm - In our house, we do “25 Days of Books” which is similar to an advent calendar but with a “book box” instead. Most of the books are ones I’ve collected throughout the year from book fairs. Some parents wrap the books, but I use an old mailbox for ours. I have friends who will rewrap old favorites or buy a stack of books from Once Upon a Child as well so it isn’t cost prohibited. It’s a great chance to build up our library before the winter break!



HR WORKSHOPS

Creating an Inclusive Culture

Monday, December 3
10:00 AM – 12:00 PM
Allendale, 2266 KC

Monday, December 10
10:00 AM – 12:00 PM
Pew, TBD

This workshop provides opportunities for participants to increase their awareness of factors that impede inclusivity on campus, and to explore ways that they can personally play a role in fostering a more inclusive and equitable community. Presented by: Relando Thompkins-Jones

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

Queer & Trans 101: A Training for Allies

Friday, December 7
1:00 PM – 3:00 PM
Allendale, 0072 KC

Are you interested in learning how you can grow as an ally to the LGBTQIA+ community?

Join us for this informative and interactive training. Participants will explore the concepts of gender, sex and sexual orientation; learn about systems of oppression impacting LGBTQIA+ people; and, learn practical strategies to create more inclusive spaces.

The LGBT Resource Center offers numerous trainings per year. Registrations are accepted until we reach capacity or until 5PM the day before the training is scheduled, whichever occurs first. Join us and learn more about your own power to create positive change on our campus, in the community, and in the world.

Presented by Jen Hsu-Bishop, GVSU LGBT Resource Center
Approved for non-technical credit. Please register on [Sprout](#).

HR WORKSHOPS CONTINUED

GVSU Military Family Network

12:00 – 1:00 PM

Wednesday, December 5

1012 JHZ

Make connections with other GVSU faculty and staff who have family members in the military.

Questions? Contact Tracy McLenithan (mclenitt@gvsu.edu)

Please register on [Sprout](#).

Grand Valley Moms Network - Allendale

12:00 – 1:00 PM

Tuesday, December 18

1012 JHZ

Activity: Our Very Own Zine (supporting new parents by sharing our experiences)

Please register on [Sprout](#).

Grand Valley Moms Network - Grand Rapids

12:00 – 1:00 PM

Thursday, December 13

303C DeVos



What do I do with ALL this art:

Join us as we discuss tips and tricks for organizing, storing, and discreetly tossing, all that art!

Please register on [Sprout](#).

HEALTH & WELLNESS WORKSHOPS & INFORMATION

WINTER 2019 HEALTH AND WELLNESS EVENT GUIDE FOR FACULTY AND STAFF

Check out our event guide to review new free fitness classes, parenting network schedule, wellness coaching, retirement and financial planning webinars and events!

https://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/winter_event_guide_2019_2.pdf

TREK 100 CHALLENGE

<https://www.gvsu.edu/rec/trek100-challenge-2019-149.htm>

COMPLETE 100 MILES IN 9 WEEKS!

Trek means to travel, to journey, or to adventure... and we want to you take a 100-mile journey with us. Whether you're preparing for Spring Break, living up to your New Years resolutions, or simply ready to make a life change, Campus Recreation wants you to get involved, be active, and live healthy.

We challenge you to JUST KEEP MOVING. This challenge allows you to track mileage through running, walking, biking, swimming, using the elliptical, rowing, taking a group exercise class, playing an Intramural Sports game, or using the upper body ergometer**.



UNION NEWS



From your APSS union board

**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

Classes end - December 8

End of the semester - December 15

University closed - December 24-January 1

SUGGESTIONS FOR UPCOMING ISSUE

Looking to share New Year's Resolutions for the next newsletter. If you have anything to share, email Erica by December 17.

DECEMBER DATES

Birthdays

5 - Irene Fountain

12 - Tracie Samdal

18 - Barbie Young

18 - Craig Hammerlind

22 - Tina Lee

31 - Darrhonda Scott-Jones

31 - Krystal Vanden Bosch

GVSU Anniversary

12 - Deborah Bell

14 - Sandra Jennings

20 - Mary VanPopering

Robyn Toth

Wedding Anniversary

12 - Dori Runyon

Robyn Toth

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

