

APSS NEWSLETTER

January 3, 2019

Volume 9, Issue 7

2018-2019

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This newsletter is published monthly.

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



Sue Peterson - So far my only New Year's Resolutions are to continue to eat minimally at fast food restaurants and to return all my library books on time!

Cassandra Hinzman - My New Year's Resolution is to discard the negative thinking and energy that has tied me down in the past. The New Year I plan on thinking positively towards myself and others. Also, to enjoy the little things in life more.

Amy Gascon - I am working with a group of people right now to open Grand Rapid's first Comedy Theater and Training Center called the Comedy Project in February. Along with performing, I will be the Training Center Director and my resolution is to get more underrepresented faces in our comedy community.

MEMBER NEWS

Bonnie Hudson - Celebrating 25 year GVSU anniversary on January 10!



Mark Saint Amour - I've been diagnosed with late-stage chronic Lyme disease, it might be good for everyone to know.

I shouldn't be missing any work or anything, but I will be spending a lot more time alone at home in bed with my kitty Rue.



HEALTH & WELLNESS WORKSHOPS & INFORMATION

FACULTY AND STAFF GROUP EXERCISE

WINTER SESSION I BEGINS JAN 7TH
SESSION II BEGINS MARCH 4TH
REGISTRATION STARTING DEC 3RD ON SPROUT

Classes are 45mins unless otherwise indicated.

Registration for winter 2019 faculty and staff group exercise opens on Monday December 3rd on www.gvsu.edu/sprout. Please note, winter session I and session II will both be available for registration beginning December 3rd.

- o Session I January 7-March 1
- o Session II March 4-May 3
- o Registration opens midnight December 3

Class schedules are attached for Allendale, Pew and Health campuses: [Pew/Health Campus Schedule PDF](#) [Allendale Schedule PDF](#). The schedule is [also posted online](#). Also note there is a Yoga offering Wednesdays 12:15pm at AWRI in Muskegon.

New classes!

Low Intensity SPIN with Joe, Allendale

Cardio Core with Valarie, Health campus

Low Impact HIIT with Lindsey and Hannah, Allendale and Pew

Boot Camp Conditioning with Jean and Hannah, Allendale and Pew

FREE Drop In Classes!

Yoga Fix with Lindsey, Tuesdays 4:30-5pm, Health campus, FINK

Cardio Core with Lindsey, Wednesdays 7:35-7:50, Allendale Fieldhouse B160

You can also check out the [Winter Event Guide](#) for all offerings from Health and Wellness this winter.

HR WORKSHOPS

HOW TO RETIRE HAPPY AND INFORMED

Date: Wednesday, Feb. 6th 11:30 am - 2:30pm

Location: DEV 122E - Loosemore Auditorium

As you think ahead to the years of retirement, the door closes on one stage of life and a new door opens up to a sea of opportunities to consider. Plan your new beginning by being well-informed. Attend this workshop to explore your options with regards to Social Security and Grand Valley medical plan options. Representatives from GVSU Human Resources, the Social Security Administration, and Advantage Bene-ts Group will be on hand to present and answer questions. All are welcome, including partners and family members.

Please register on [Sprout](#).

Grand Valley Moms Network - Allendale

12:00 – 1:00 PM

Tuesday, January 15

3062 JHZ (note room change)

Activity: Part 2: 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, January 24

303C DeVos

Mothering when not the biological mother

Please register on [Sprout](#).



UNION NEWS



Winter has arrived! BURRRR!

I would like to remind you of the Closing policy and Ultratime codes.

Ultratime Codes

SNO: For staff members time off due to inclement weather (eight hours max per calendar year)

Can be used in hour increments.

**you can check the calendar in Ultratime to see if you have used these hours in the calendar year.

***even though the code is identified as "SNO" this code can also be used for a weather condition which trees are blocking your route, getting to work late due to being involved in an accident, etc.

WEA: For staff members time off on the days the University is officially closed due to inclement weather.

Excludes essential staff members.

Definition of Essential employees

Students, faculty and staff should assume the university is open unless and until they are advised otherwise through the university's electronic notification system, or on the radio or television. In the event of closure or class cancellation, every effort will be made to make the announcement no later than 6:30 AM for daytime classes and 3:00 PM for evening classes. Cancellation and closure mean different things:

Cancellation: Classes will not be held. All staff are to report to work at their regular time.

Closure: Classes and campus events will not be held. **Only ESSENTIAL employees (see below)** are to report to work. Grand Valley State University will close all or part of its operations only in case of extreme emergency caused by impassible roads, restricted visibility, violent weather, energy loss, or other conditions seriously endangering the health and safety of students, faculty and staff.

When GVSU is closed, only essential staff are to report. Designated personnel in the following departments are deemed essential and are expected to report:

- **Department of Public Safety Services/Police Department**
- **Facilities Services**
- **Field House Management**
- **Food Service**
- **Housing**
- **Information Technology**
- **Library**
- **Pew Campus Operations**
- **Pew Campus Security**
- **WGVSU Television and Radio**
- **Appointing officers have discretion to call in non-essential staff as circumstances may require.**

***Please read the full **Emergency Closure Policy** under the Policies page on the human Resources page.

**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

Winter semester starts: January 7

MLK Day/No Classes: January 21

SUGGESTIONS FOR UPCOMING ISSUE

Looking to any healthy recipes or habits you have for 2019 in the next newsletter. If you have anything to share, email Erica by January 25.

JANUARY DATES

Birthdays

- 1 - Judy DeBoer
- 2 - Robin Burris
- 4 - Hollie Rago
- 11 - Joyce Sullivan
- 12 - Connie Wiers
- 16 - Barb Hackley
- 16 - Jennifer Stamate-Carey
- 18 - Rebecca Bakale
- 20 - Sandee Snyder
- 20 - Vicki Wenger
- 22 - Sheryl Nelson
- 27 - Keesha Walker

GVSU Anniversary

- Cheryl Fischer
- Robin Burris
- Rebecca Bakale
- Michelle Holstege
- Tina Lee
- 2 - Tami John
- 5 - Craig Hammerlind
- 5 - Bev Nyhuis
- 6 - Sara Walker
- 8 - Darlene Roper
- 10 - Bonnie Hudson
- 12 - Erica Bringedahl
- 13 - Diana DeRyke
- 18 - Sandra Briggs
- 26 - Tracy McLenithan

Wedding Anniversary

- 10 - Barb Hackley
- 14 - Connie Wiers

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.**

