

APSS NEWSLETTER

The latest news & updates from GVSU's APSS Union & its Members

IN THIS ISSUE:

MEMBER NEWS	P. 1-3
UNION NEWS	P.4
BENEFITS & WELLNESS	P. 4-5
HR WORKSHOPS	P. 6-9
DATES	P. 10

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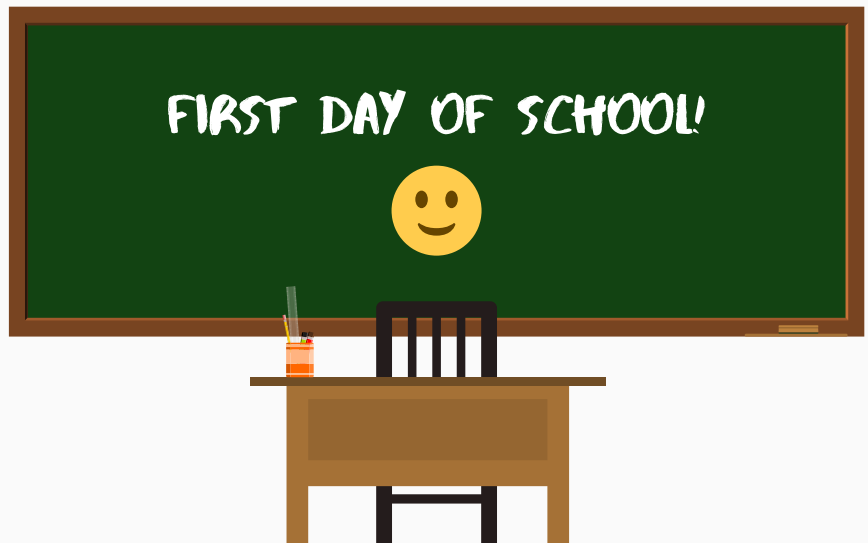
MEGAN EDING

This newsletter is published monthly. For submission information contact **Megan Eding** at edingme@gvsu.edu.



Visit our website:

apssgvsu.org



MEMBER NEWS

First day of school photos!

Tonya Brown - Our daughter, Kris Cnossen, (sitting on the wall) and her classmates in the University of Delaware Art Conservation Program, Class of 2022.



MEMBER NEWS, CON'T

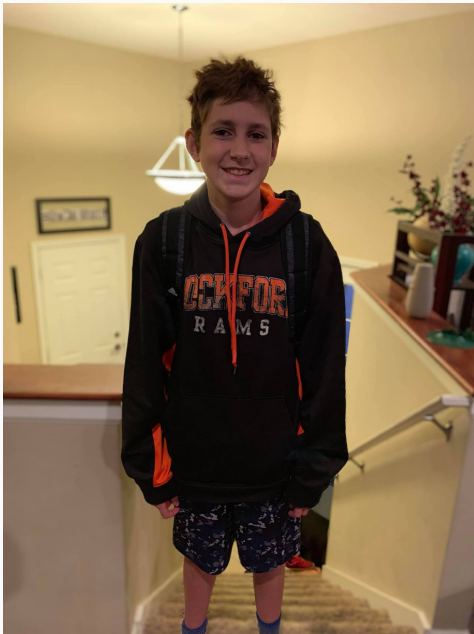
Karynn Gregory - Emmerson started first grade at CA Frost Elementary the week of August 19.



Rafael C. Juarez-Yuen - My wife and I just sent our 9-year-old to 4th Grade.

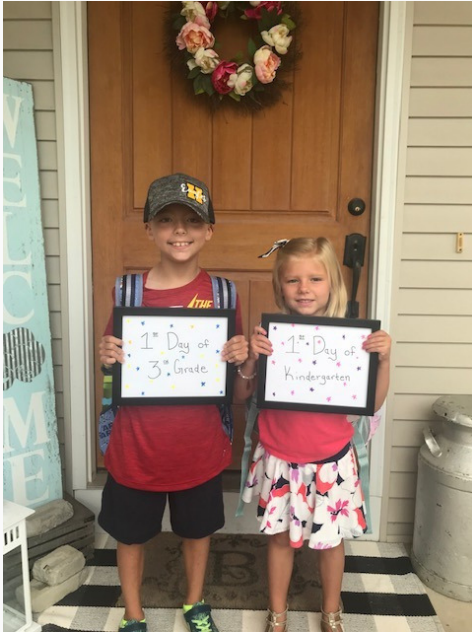


Erica Baker-Bringedahl - Trey (left) is going into 8th grade and Brayden (right) into 2nd grade! The summer sure did fly by!

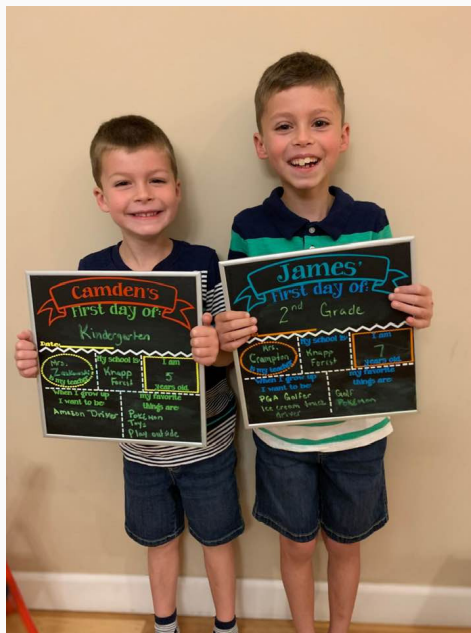


MEMBER NEWS, CON'T

Lindsey Burns - My son, Easton started 3rd Grade, and my daughter, Adalyn started Kindergarten yesterday (8/26).



Jennifer Cathey - Camden is starting Kindergarten this year and was super excited. James is in 2nd grade. Both are loving school so far!



UNION NEWS

Megan Eding - Are you looking for a past issue of the newsletter? Curious when and where our monthly meetings are held? Have a question, but aren't sure who to ask? Take a look at our website! apssgvsu.org has helpful information such as past newsletters, meeting agendas and minutes, campus building representatives, our contract, and information on development credit.



BENEFITS & WELLNESS

Fall Human Resources Benefits and Wellness

Check out the Fall 2019 [Faculty and Staff Event Guide](#) for lots of information and opportunities, including information on open enrollment!

Get Moving Team Challenge

October 7 - November 18

Team registration opens September 2nd online



This six week fitness competition is open to GVSU faculty and staff, allowing them to compete by tracking steps and physical activity 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 step goals. Register online: <https://www.gvsu.edu/hro/benefitswellness/getmoving/>



BENEFITS & WELLNESS, CON'T

Family Weekend 5k
Saturday, October 5
9:00AM - Allendale Campus

We're excited to announce that registration is open for the upcoming GVSU Family Weekend 5K run/walk on Sat, Oct 5 at 9am. Open to anyone! Men's, women's, and all-gender divisions available.

Register now! Early-bird registration closes on Sept 13. All participants who register before Sept 13 will be guaranteed a race t-shirt!

More information can be found on our website at gvsu.edu/rec/familyweekend5k

GRAND VALLEY STATE UNIVERSITY*
RECREATION & WELLNESS

FAMILY WEEKEND 5K

Next Laker Chapter



SATURDAY

OCT 5

9 AM

ALLENDALE CAMPUS

EARLY BIRD SEPTEMBER 13	\$20
REGISTRATION SEPT 14 - OCT 4	\$25
RACE DAY OCTOBER 5	\$30

T-SHIRTS • MEDALS • REFRESHMENTS • PROFESSIONAL TIMING
 IMMEDIATE RESULTS • GIVEAWAYS • MUSIC

Register at gvsu.edu/rec/familyweekend5k

616-331-1732 • rec@gvsu.edu • gvsu.edu/rec • [@gvsurecreation](https://twitter.com/gvsurecreation)



GRAND VALLEY STATE UNIVERSITY
 DIVISION OF STUDENT AFFAIRS

HR WORKSHOPS

The following six workshops has been approved for PSS Development Credit:

1) Emotional Strength Conditioning

Presented by Elisa Salazar

Approved for **Non-Technical** credit

We understand the importance of physical conditioning. What about emotional conditioning? How strong and resilient are we during stressful and trying times? How do we handle the constant pressure to perform in rapidly changing environments? This training focuses on strengthening and conditioning our emotional well-being, by caring for ourselves both responsively and proactively. Much like a physical regimen, the experience intends to build emotional muscle, develop endurance, provide psychological resources, and increase behavioral flexibility. After successful completion of this program, participants will:

- possess THINKING tools for self-growth, healing, and self-compassion
- be able to apply emotional strength tools to dealing with change
- leave having started or completed a personal emotional strength and conditioning plan
- receive a gentle push towards taking ACTION in areas of life that need care and attention

Thursday, September 12	8:30AM - 11:30AM	2270 KC	Allendale
Tuesday, March 10	8:30AM - 11:30AM	302E DEV	Pew

2) Notes of Critical Feedback

Presented by Inclusion and Equity

Approved for **Non-Technical** credit

What's your relationship with receiving feedback? Being able to receive constructive criticism is the key to improvement, especially in the practice of allyship and community care. The impact of our actions largely supersedes our intentions, no matter how good. Still, in our desire to be on the right side of all things at all times, many of us live in fear of failing to live up to that ideal, and struggle to cope with accepting critique and sitting with negative reactions to our best efforts. In this 2 hour-long session, we'll explore fragility responses that stem from a conscious or unconscious desire to hold on to power dynamics, the mechanics of a good apology, how to avoid tone-policing, and finally, examples of ways to respond immediately after we've been taken to task.

Tuesday, September 17	1:00PM - 3:00PM	TBD	Allendale
Tuesday, September 24	1:00PM - 3:00PM	TBD	Pew



HR WORKSHOPS, CON'T

3) Gen Z Faculty Workshop

Presented by Dr. Vickie Cook

Approved for **Non-Technical** credit

This session will provide an understanding of the Generation Z student (born between 1995-2012) including comparisons to the Millennial student. From this starting point, participants will engage in discussions that will explore the learning characteristics and preferences for classroom management of Generation Z. Curricular approaches, communication and employability expectations of Generation Z will be explored.

Correction: Faculty Only

SEIDMAN | GRAND VALLEY STATE UNIVERSITY

Gen Z Faculty Workshop

Engaging Generation Z Learners: Rethinking How We Engage the Digital Generation. This session will provide an understanding of the Generation Z student (born between 1995-2012) including comparisons to the Millennial student. From this starting point, participants will engage in discussions that will explore the learning characteristics and preferences for classroom engagement of Generation Z. Curricular approaches, communication and employability expectations of Generation Z will be explored.

DATE: September 27, 2019
 TIME: 1:00-2:30PM
 LOCATION: 1008 SCB
 L. William Stone Auditorium
 Charles W. Loomis Forum
 Grand Valley State University

Dr. Vickie Cook is the Executive Director of the Center for Online Learning, Research and Services (COLRS) and Associate Research Professor in the College of Education at the University of Illinois Springfield. She holds a Ph.D. in Higher Education Administration and an M.S. in Adult Education. Previously, she held the position of Vice President of Innovation, and prior to that appointment, served as Dean of the School of Education at Greenville University.

Dr. Cook has been actively engaged providing consulting and faculty development with educational leaders across the U.S., Canada, and Mexico. She is a co-author of the UPCEA Hallmarks of Excellence in Online Leadership and lead author of the Hallmarks of Excellence in Online Leadership Growth Maturity Assessment and serves as a Peer Reviewer for UPCEA. She provides presentations for top online conferences nationally, as well as regional conferences for practitioners. She teaches in the Masters of Arts in Education degree program at University of Illinois Springfield.

Dr. Cook serves on several regional and national boards and journals focused on Online Learning, was named as a 2017 University of Illinois President's Executive Leadership Fellow and a 2017 Online Learning Consortium (OLC) Fellow.

Friday, September 27 1:30PM - 2:30PM 1008 SCB Pew

RSVP: www.gvsu.edu/seidman/genz

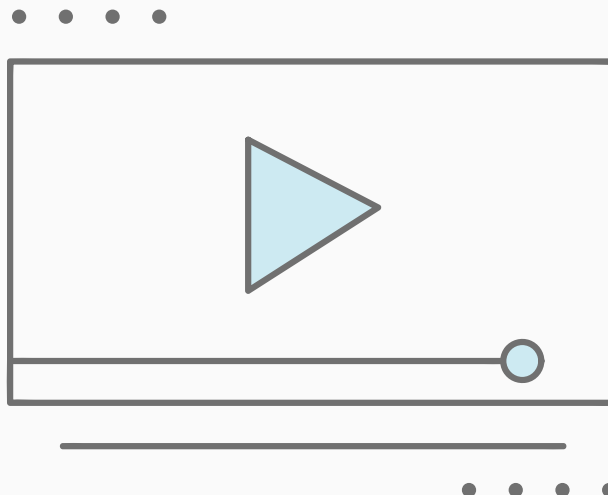
4) Panopto for PSS and APs

Presented by eLearning and Emerging Technologies

Approved for **Technical** credit

Panopto is GVSU's new campus wide solution for capturing, creating and playing back video right on your desktop.

Thursday, October 3 10:00AM - 11:30AM 111 HRY Allendale
 Thursday, October 3 2:00PM - 3:30PM 513 EC Pew



HR WORKSHOPS, CON'T

5) Interpersonal Communication

Presented by Elisa Salazar

Approved for **Non-Technical** credit



Learn new techniques or enhance your current communication to effectively relay the intended message and to be understood by your audience.

Participants will learn how to:

- Speak and write clearly and use appropriate language.
- Listen to others, ask pertinent questions, and pay attention to self and others' verbal and non-verbal communication.
- Display poise and effectiveness when meeting with and presenting to others.
- Use appropriate interpersonal styles and techniques to gain acceptance of ideas or plans.
- Modify one's own behavior to accommodate tasks, situations, and individuals involved.

Thursday, October 10	8:30AM - 11:30AM	330 BIK	Pew
Thursday, February 13	8:30AM - 11:30AM	2270 KC	Allendale

6) Queer & Trans 101: A Training for Allies

Presented by Jen Hsu-Bishop

Approved for **Non-Technical** credit

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.

Friday, October 11	1:00PM - 3:00PM	2266 KC	Allendale
Friday, December 6	1:00PM - 3:00PM	2266 KC	Allendale
Thursday, January 30	1:00PM - 3:00PM	2266 KC	Allendale
Friday, April 3	1:00PM - 3:00PM	TBD	Pew

Register today for these workshops on [Sprout](#), unless otherwise noted.

HR WORKSHOPS, CON'T

GVSU Allendale Mom's Network

Tuesday, September 10th

12:00PM - 1:00PM - JHZ 3062

Join us for Apples, Donuts and Pumpkin Patches as well as discussion about fall activities and events.



GVSU Allendale Dad's Network

Thursday, September 12th

12:00PM - 1:00PM - KC 1247

A Dads Group is a great place for finding resources. We each have our own set of issues, stressors, and problems to survive daily. Sometimes it can all be overwhelming, to say the least. But when you attend a dads support group, one thing does become incredibly clear...You are not alone, all of us have similar issues to deal with. Join other GVSU dads or grandfathers for interesting, lively, and humorous discussions on being a father!



2019-2020
BUILDING REPS

CHERYL BRONNER	X13327
STU, 1ST FLOOR	
TAMI JOHN	X12350
CAC & KC	
BILL GRIMALDI	X13859
AH, CUB, & SER	
MATT COLLVER	X15583
CHS & RFH	
BARB ELLIS	X18611
KHS & LMP	
LINDSEY BURNS	X12186
MAK & NLC	
DEB ROTMAN	X12566
AGS, LHH, LSH, & PAC	
MARK SAINT AMOUR	X12530
FH & MAN	
HOLLIE RAGO	X13426
CON, JHZ, LMH, & NMH	
KATIE HAYNES	X13006
HHLC, HRY, & PAD	
JOYCE SULLIVAN	X13730
ASH	
AUTUMN DEROO	X15936
EC, KEN	
PATTI MCCARTHY	X16751
DEV, 1ST & 2ND FLOORS	
SANDRA JENNINGS	X16848
BICYCLE FACTORY & SCB	
VICKI HELGESON	X12630
LIB	
LINDSAY BOGI	X13266
STU, 2ND & 3RD FLOORS	
VICKI WENGER	X13898
LOH	
PATRICK PERRY	X16202
DEV, 3RD & 4TH FLOORS	
VACANT POSITION	
HOLLAND, MUSKEGON, & TRAVERSE CITY	

MEMBER RELATIONS
TEAM

RHONDA LEMIEUX	X13268
CHAIR	
CHERYL FISCHER	X13000

IMPORTANT DATES

Labor Day - September 2

UPCOMING ISSUE

Looking to share fall news or events that are coming up? If you have anything to share, email **Megan** at edingme@gvsu.edu by Sept. 26.

SEPTEMBER DATES

BIRTHDAYS

- 1 - Amanda Reader
- 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

- 3 - Michelle Hodde (17 yrs)
- 5 - Bob Kozminski (24 yrs)
- 26 - Patti Eisen (31 yrs)
- 27 - Irene Fountain
- Tina Lee (14 yrs)
- Leah Thomas (15 yrs)
- Deb Barko (28 yrs)
- Hollie Rago (34 yrs)

WEDDING ANNIVERSARY

- 3 - Darlene Roper (43 yrs)
- 6 - Bob Kozminski (34 yrs)
- 11 - Carrie Shoup (20 yrs)
- 14 - Pat Cox (29 yrs)
- 18 - Ashley Riley (9 yrs)
- 21 - Jalyn Kamp (17 yrs)
- 27 - Mary VanPopering (22 yrs)

Thinking of You Cards:

Do you know someone who is off work because of surgery, illness, or accident? Please let **Deb Barko** know at barkod@gvsu.edu. She will send a card from our Association.

If you would like your birthday, GVSU anniversary, and/or wedding anniversary published in the newsletter, or if you have suggestions for an upcoming issue, email **Megan Eding** at edingme@gvsu.edu.