

APSS NEWSLETTER

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

IN THIS ISSUE:

HR WORKSHOPS	P. 1-5
UNION NEWS	P. 6-7
BENEFITS & WELLNESS	P. 8
DATES	P. 9

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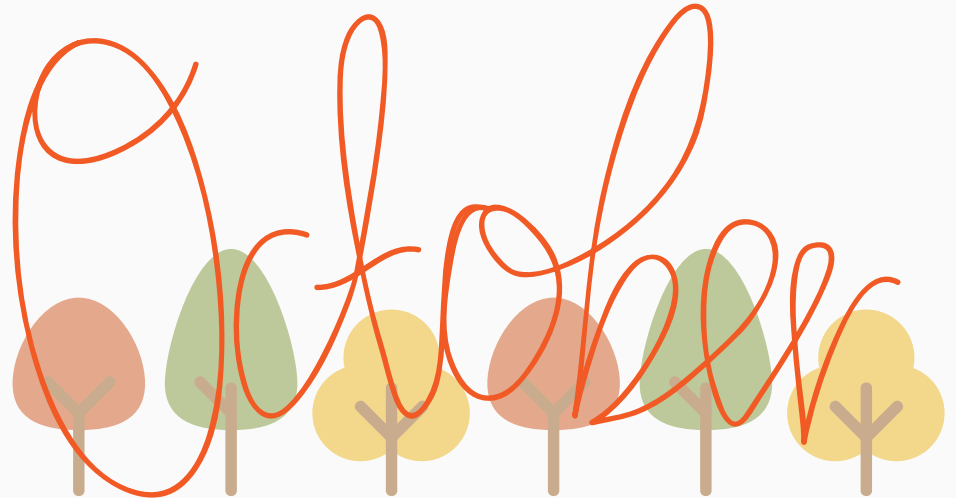
MEGAN EDING

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



Visit our website:

apssgvsu.org



HR WORKSHOPS

GVSU Pew Mom's Network

Wednesday, October 9th

12:00PM - 1:00PM - DEV 119E

Oh My Gourd, it's Fall! - Discussion on finding fun fall activities for all.

GVSU Allendale Mom's Network

Tuesday, October 15th

12:00PM - 1:00PM - KC 2201

Join us for a casual conversation about Halloween, Thanksgiving and winter holiday traditions and activities with your kids. Lunch will be provided.

Register today on [Sprout](#).

HR WORKSHOPS, CON'T

The following eight (8) workshops has been approved for PSS Development Credit and still have open seats:

1) CMS 101

Presented by GVSU Web Team

Approved for **Technical** credit

We are pleased to offer the Content Management System (CMS) 101 class. The CMS is the software built in house by the web team that allows you to easily update your department web page. If you have to make changes to a webpage at GVSU, you will be using the CMS. The purpose of this class is to cover the basics of the CMS. You will learn what the CMS is why we have the CMS, and basic skills. If you have never used the CMS, or have used it very minimally, then this is the class for you.

Wednesday, October 2	2:00PM - 3:30PM	230-235 BIK	Pew
Tuesday, October 8	12:00PM - 1:30PM	2266 KC	Allendale
Thursday, October 10	10:00AM - 11:30AM	230-235 BIK	Pew



2) 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

3) Interfaith 101

Presented by Kevin McIntosh
Approved for **Non-Technical** credit



In 2015, the Interfaith Youth Core and the Association of American Colleges and Universities put out nine practices for interfaith excellence and included in them "building interfaith competence and capacity among staff and faculty members." This session will attempt to help with this competency and will explore what interfaith is and how participants can become interfaith leaders. This session will explore key interfaith concepts such as pluralism, religious literacy, and others.

At the end of the session participants will:

- Be able to define key terms around interfaith
- Learn more about religious literacy
- Think about when their identity around religion is **the most salient**

Tuesday, October 8	11:00AM - 12:00PM	2201 KC	Allendale
Tuesday, December 3	11:00AM - 12:00PM	2201 KC	Allendale

4) 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

HR WORKSHOPS, CON'T

5) 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

6) Minoritizing Stress in Higher Education

Presented by Inclusion & Equity

Approved for **Non-Technical** credit

Burnout. Racial Battle Fatigue. There are many synonyms for the invisible burden underrepresented populations, whether student, faculty or staff member, face on college campuses nationwide. In this workshop, we'll interrogate the tangled web of factors that contribute to disparate rates of retention, heightened tension, and generally poor health and wellbeing for members of the community on the margins, as well as strategize holistic solutions based in communal and self-care.

Tuesday, October 15	1:00PM - 3:00PM	2263 KC	Allendale
Tuesday, October 22	1:00PM - 3:00PM	716 EC	Pew



HR WORKSHOPS, CON'T

7) Inclusion Advocate Social Justice 101

Presented by Inclusion & Equity

Approved for **Non-Technical** credit

This training is for the Inclusion Advocate Social Justice 101 Orientation. Participants can expect to be engaged in thinking critically about the role of identity, power, privilege, and oppression on campus climate. The role of the Inclusion Advocate should be recognized as a vital service to the University in both personnel committees and staff evaluations. The Inclusion Advocate program includes: a formal registration and application process, a preliminary orientation and training, on-going support, required annual meetings and participation in Social Justice Education workshops, recognition for service, and an annual evaluation process. Visit our [website](#) to learn more about the program criteria.

Monday, October 21 1:00PM - 3:00PM 2266 KC Allendale

Coming soon to Sprout...

8) UNLIKELY Documentary Screening

Sponsored by Center For Adult and Continuing Studies

Approved for **Non-Technical** credit

UNLIKELY, the feature length documentary, tells a story through the eyes of students who, like the more than 35 million Americans who started college but never finished, are dreaming of better opportunities. It's "a film about higher ed that should bother you a little", says Goldie Blumenstyk, senior writer at *The Chronicle of Higher Education*.

While the cities featured in the film have only 40 percent or more of their population with a degree; Michigan lags with 30.6 percent of working-age adults having earned a bachelor's degree or higher. There's a college completion crisis in America and it's time to take action.

***Limited seating available. To receive credit, PSS must register in BOTH Sprout and at <https://www.gvsu.edu/learn/unlikely-55.htm>.**

Tuesday, October 29 10:00AM - 12:30PM Loosemore Auditorium Pew

Register today for these workshops on [Sprout](#) and elsewhere when noted.

UNION NEWS

Please join us for the Alliance of Professional Support Staff Fall Luncheon on **October 16, 2019 from 12 noon to 1:30pm** in the Grand River Room (KC 2250). The buffet lunch will include honey mustard pork loin with mashed potatoes & gravy, ginger honey glazed carrots, fresh herbed vegetables, and apple pie or carrot cake for dessert. Take the time to see your friends, enjoy a fabulous lunch and hopefully win a prize!

This year we will have Greg Sanial, Vice President from the Finance & Administration Office, come join us as our guest speaker.

Please send your RSVP to sullijoy@gvsu.edu by **October 8th**. Your RSVP is very important for the success of this event. Also, if you would like a vegetarian/vegan meal instead of the buffet, please let Joyce know in your RSVP. Thank you!

Hope to see everyone there!



Open Enrollment

Tuesday, October 22 @ 8am-Wednesday, November 6@ 5pm
The 2020 annual benefits open enrollment is your opportunity to take a closer look at your benefit options. Follow these four easy steps:

1. Review detailed information.
2. Learn about new plan options and select the right one your unique situation.
3. Complete the online enrollment October 22 – November 6.
4. Print your detailed confirmation statement.

[Visit HRO and click on Benefits/Wellness](#)

UNION NEWS, CON'T

Becky Bakale - Cultivating a positive work environment can also help keep you healthy

- Prepare for the day's activity at a reasonable pace
- Think about all the positive things you expect to accomplish during the day and always expect the best
- **SMILE & LAUGH** often
- Develop a habit of using only **positive language**
- Surround yourself with **positive people**
- Perform your work with **passion & enthusiasm**
- Always give **THANKS**, acknowledge a job well done and celebrate success, even the small ones
- **Look for the good** in every bad/challenging situation
- Eat **HEALTHY**

Having a positive working attitude can keep us healthy too

- Better for your mental health because you are better able to cope with stressful situations at work
- Ability to inspire and motivate self & those around you
- Ability to turn every challenge into an opportunity, or make less than ideal situations into better ones
- Other employees around you will also adopt a positive work attitude making it easier for everyone to get along in the workplace
- Perceived as a leader and get more special projects to work on
- You expect positive outcomes and results
- Ability to stick to activities and see them through
- Resilience-ability to bounce back from setbacks
- Stronger immune system

BE HEALTHY!

Megan Eding - The newest wage schedules are up on our Union's website under the [Documents tab](#). These wage schedules are effective October 1, 2019.



BENEFITS & WELLNESS



Walk with the President - Wellness Fair - Flu Shot Clinic

October is "**Exercise is Medicine**" month! Join the Benefits & Wellness team on Friday, October 4 for the following events:

Walk with the President - 9:45AM check-in - Allendale Campus Clock Tower

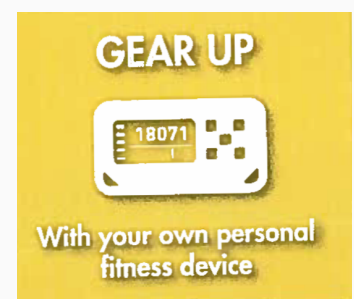
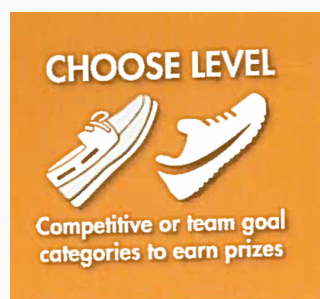
Wellness Fair - 11:00AM-2:00PM - KC Lobby

Get Moving Team Challenge

October 7 - November 18

Team registration open now

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. Recruit three other colleagues (free agents can email welintrn@gvsu.edu to be placed on a team). Choose your team's level of either "competitive" or "team goal" to earn prizes. Gear up with your own personal fitness device. [Register online!](#)



Open Enrollment 2020 - October 22-November 6

The 2020 **annual benefits open enrollment** is your opportunity to take a closer look at your benefit options!

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	X13585
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

APSS Fall Luncheon - October 16
Fall Break, no classes - October 21-22
Halloween - October 31

UPCOMING ISSUE

Pumpkin carvings, Halloween costumes, & other fall news! Share these with **Megan** at edingme@gvsu.edu by NOON on Friday, November 1. November newsletter will be delivered Monday, November 4.

OCTOBER DATES

BIRTHDAYS

14 - Victoria Stubbs
16 - Angela Munford
21 - Sherri Hall
29 - Cheryl Fischer
31 - Janine Warfield

GVSU ANNIVERSARY

4 - Kathy Rice
6 - Dawn Nagelkirk (22 yrs)
10 - Tracie Samdal (13 yrs)
11 - Jay Zink
12 - Angela Munford
12 - Deb Rotman (27 yrs)
14 - Suzanne Rogers (6 yrs)
Kathy Bausano
Lori O'Bradovich

WEDDING ANNIVERSARY

1 - Roxanne Mol (36 yrs)
2 - Jennifer Stamate-Carey
3 - Julie DeVecht (32 yrs)
10 - Maria Jaramillo-Gonzalez (32 yrs)
19 - Jennifer Glaab (23 yrs)
31 - Coreen Bedford (8 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.