

APSS NEWSLETTER

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

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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

*Self-care
tips and
tricks*

WORK LIFE CONSULTANT

To support our mission to promote and encourage healthy lifestyles to enhance the quality of life for the GVSU community and their families, a Work Life Consultant is available to you as part of your wellness services at Grand Valley. The work life consultant provides supportive tools, plans wellness events, and develops presentations to support all faculty and staff in times of need and also in maintaining wellness and balance.

The work life consultant makes an impact on the lives of faculty and staff by ensuring all efforts are accessible, sustainable, and holistic.

Elisa Salazar started at GVSU in July 2017. She graduated from Hope College and then from Grand Valley State University with her Masters in Social Work in 2010.

Check out the [Work Life Consultant webpage](#) for more information on Work Life Resources and to schedule an appointment with Elisa!

MEMBER SHARES

Sarah Kozminski - I make all occasion cards. Judy (in Records) has a little box where I sell them and I have a box in CHS. It's a fun way to tend to my creative side. My friend and I get away a few weekends a year and just craft like crazy, while watching *Friends* and laughing. I also love making vanilla extract, essential oil rollers and any fun idea that sparks my interest! 😊 For work/life balance, I make sure I plan time for "me" so that I am in the space to give to others. I literally write my name on my calendar 😊



Jenna Stehouwer - I have about a 40 minute commute to work each day so I have found that an awesome piece of self-care has been listening to my favorite podcast during the drive. Each week two new episodes are added and I'm still catching up on older episodes; this allows me to listen to a different one each day. The time gives me the chance to laugh, learn something new and enjoy listening to content without screaming kids in the car as well as worry less about what is waiting for me in my email inbox.

Linda Ray - I'm a new first time grandma of identical twin girls born on Sunday, January 12th. Their names are Sai'La Marie and Se'Era Lynn Ray.



MEMBER SHARES, CON'T

Joan Visser - Here is my self-care! During the winter, it is easy to pull on jammies and watch way too much TV. However, since our 10 grandkids have arrived (all 10 years old and under), it has been my goal to teach them how to snow ski in anticipation of our annual ski weekend with family. I have been rotating and taking a couple of the kids with me to Mulligan's Hollow in Grand Haven for a ski outings. There, many have learned to take the rope tow and some have progressed to skiing on their own. This year I bought myself a snowboard and am trying to master that without breaking a wrist or hip while the kids practice alongside me on the bunny hill. It has been fun and humbling to have a six year old giving grandma a how-to tip. But the best part is the excitement that the kids and I have when the snow begins to fall and fun that we have together enjoying the outdoors in the winter.



Photo of my husband, myself, and some of our grandchildren at last winter's family ski outing



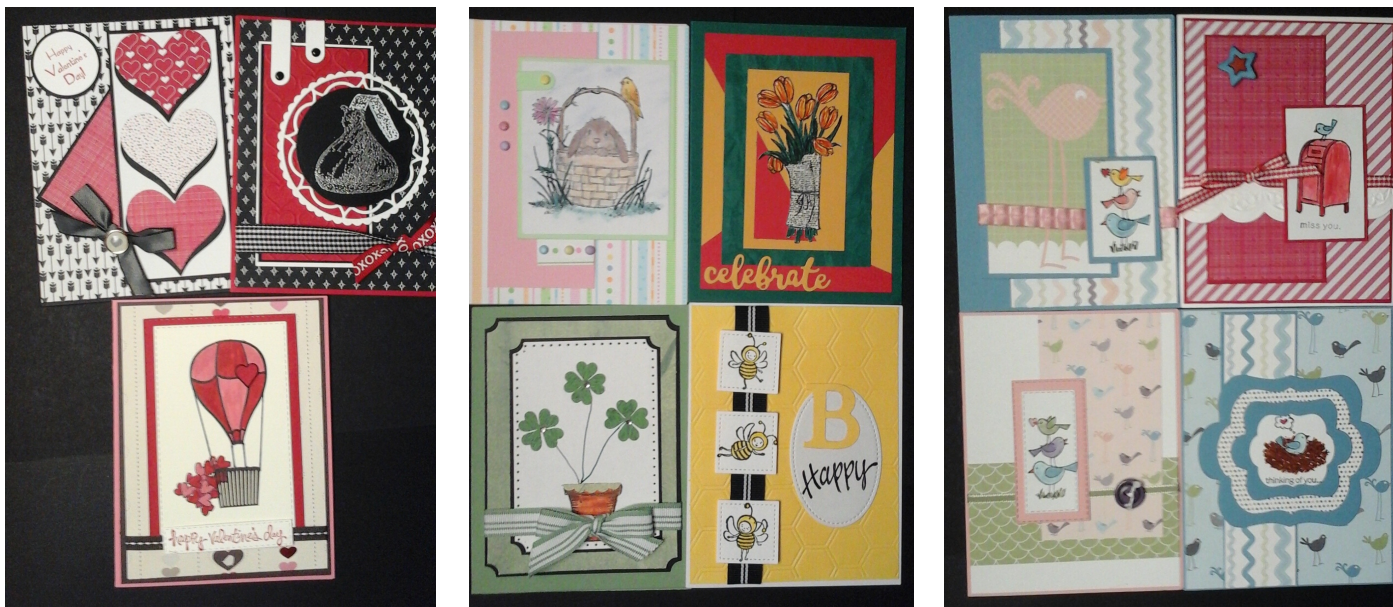
Julie Noto - I prepared 34 freezer meals yesterday with 99% of my food purchased from Aldi... and only spent \$71.00 for EVERYTHING!! Everything is already cooked and will just need to be thawed and heated up - quick easy meals even my kid (12 y.o.) can do! I used a FoodSaver for my meal packaging, and cooked the majority of the meals in my instant pots.

I should also note that for the \$71 - I also have 3 more meals that I didn't have time to make. (Steak and potato's, broccoli chicken Alfredo, and chicken breast with potatoes)

Meal prep is great self-care!

MEMBER SHARES, CON'T

Cindy Kruiuzenga - I enjoy creating cards. I have been making them for my friends and coworkers for about 15 years. A friend of mine is a stampin' up demonstrator and I have accumulated over 400 sets. I really need to purge so I won't feel so guilty buying more. I find it relaxing and clears my mind from the stresses of the day. And it saves money from buying expensive Hallmark cards and gives a personal touch.



Janet Potgeter - I don't think I could get through the long winter months without a hobby. I took up quilting a few years ago and love that I can pick up a project whenever I want. I can be as creative as I want, or just try different ideas. I've learned to appreciate the highly skilled quilters out there. I've been working on smaller projects, like a bunch of Christmas tree skirts that don't need much top stitching, but I also have a few big quilts on the drawing board.



MI-themed quilt for my brother & sister-in-law



Matching quilt and valance for my daughter's bedroom

MEMBER SHARES, CON'T

PSS Development Committee hosts quarterly welcome events for new PSS at Grand Valley. January's welcome luncheon was a great success, welcoming five new PSS to our Laker community.

PSS Development Committee members Torrey Thomas, Susan Sigler, Robin Burris, and Tina Lee were on hand to provide information and insight. Lynn "Chick" Blue kicked off the luncheon with her inspiring personal story. Lynn began her career at GVSU as a PSS and has served in multiple roles on campus. She currently serves as Vice President for Enrollment Development. PSS in attendance showed appreciation for the opportunity to meet Chick, network with other PSS, and learn valuable information about GVSU and the PSS role.



*Welcome to
GVSU!*

A special thanks to the President's Office for the GV swag each new PSS received. They are sure to represent the Laker spirit when seen around campus. If you see any of these new faces out and about, be sure to give them a warm welcome to the Laker (and PSS) community!

HR WORKSHOPS

The following nine (9) workshops have been approved for PSS Development Credit:

1) Optimizing your MS Outlook

Presented by Randy Dean

Approved for **Technical** credit

In this popular program on "getting the most from your Outlook" as well as "Taming Your E-mail Beast" for MS Outlook Users, Randy Dean, author of the recent Amazon e-mail bestseller, *Taming the E-mail Beast*, shows how to expand your capabilities with the market-leading Microsoft Outlook e-mail and professional organization software. Randy delves into Outlook-specific strategies for many of the most common areas of productivity loss (and possible gain!) afflicting many busy professionals today: managing multiple projects & tasks; maintaining "traction" when dealing with tasks and interruptions; clearing the clutter in your mind for better focus; keeping staff on task; tracking "who owes you what" and getting that information on time; and better managing your calendar and contacts for better time and relationship management. Randy will also share several tips and strategies for better managing, organizing and prioritizing your e-mail activities, including converting e-mails into tasks, calendar items, and contacts automatically, saving time by sending "auto-emails", cutting down on CC's, SPAM, and junk, and using "Rules" and "Quick Steps" to automate many of your e-mail processes.

Tuesday, February 4	8:30AM - 11:30AM	2204 KC	Allendale
Tuesday, February 4	1:30PM - 4:30PM	215 EC	Pew

2) Shifting the Narrative

Presented by Inclusion and Equity

Approved for **Non-Technical** credit

Leading for inclusion and equity means doing our own work in engaging with one another in dialogue on power and privilege. This workshop focuses on examining the ways we think, and talk about critical issues.

Tuesday, February 4	1:00PM - 3:00PM	2263 KC	Allendale
Tuesday, February 11	1:00PM - 3:00PM	611 EC	Pew

HR WORKSHOPS, CON'T

3) Department Emergency Preparedness

Presented by Grand Valley Police Department

Approved for **Non-Technical** credit

The first half of this seminar covers the University's 7 step emergency card. This prepares you to respond from an "all hazards" prospective including fires, medicals, chemical spills. The second half of the presentation provides an awareness level response to active shooter incidents.

Tuesday, February 4	1:30PM - 3:00PM	303C DEV	Pew
Monday, April 13	9:30AM - 11:30AM	2266 KC	Allendale

4) 911 - See Something... Say Something

Presented by Grand Valley Police Department

Approved for **Non-Technical** credit

This seminar will help you navigate an emergency situation on campus. From calling 911, to the technology used by GVPD, we will give the attendee a better understanding of how we make emergency notifications to the GVSU community. We'll take a closer look at the GVPD Dispatch Center and all of its technology including the GVSUAlert! system and Guardian safety app.

Wednesday, February 5	1:30PM - 3:00PM	2263 KC	Allendale
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5) 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, February 11	10:30AM - 12:00PM	2201 KC	Allendale
Tuesday, March 24	10:30AM - 12:00PM	2201 KC	Allendale

HR WORKSHOPS, CON'T

6) Stop the Bleed - for Department Emergency Contacts (DECS) ONLY

Presented by Grand Valley Police Department

Approved for **Non-Technical** credit

Tuesday, February 11 2:00PM - 3:30PM 302E DEV Pew

7) Interpersonal Communication

Presented by Elisa Salazar, Work Life Consultant

Approved for **Non-Technical** credit

This training will help participants communicate effectively and will provide specific tools to address barriers to effective communication. This training will help participants develop tools to have difficult conversations and set themselves up to have the most success in asking for what they want. These tools will be helpful when communicating with people from diverse backgrounds or different disciplines. Furthermore, participants will learn how to prepare for these conversation by working through a specific script that will help them hone in on their message. Participants will learn how to use mindfulness to manage emotions that can come up and interfere during interpersonal communication. As a result of this training, participants will also learn how to validate and listen more effectively. All participants will be able to use real life examples to role play and practice using the skills learned. Tools are taken from Marsha Linehans Skills manual; however, they are reworked to be used in a workplace settings.

Thursday, February 13 8:30AM - 11:30AM 2270 KC Allendale ****waitlist****
 Tuesday, February 18 8:30AM - 11:30AM 0072 KC Allendale

8) Inclusion Advocate Annual Update Meeting

Presented by Inclusion and Equity

Approved for **Non-Technical** credit

The 2-hour Inclusion Advocate Annual update will focus on inclusive recruitment and selection practices, and updates on GVSU's requirements for Affirmative Action/EEO. **Attendance is required for all Inclusion Advocates.** 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.

Thursday, February 13 10:00AM - 12:00PM SCB multipurpose room Pew

HR WORKSHOPS, CON'T

9) Hands Only CPR

Presented by Grand Valley Police Department
Approved for **Technical** credit

Hands-Only CPR Can Save Lives. Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. As a bystander, don't be afraid. Your actions can only help. If you see a teen or adult suddenly collapse, call 911 and push hard and fast in the center of the chest to the beat of any tune that is 100 to 120 beats per minute, such as the classic disco song "Stayin' Alive". Immediate CPR can double or even triple a person's chances of survival.

Wednesday, February 5 1:30PM - 3:00PM 2263 KC Allendale

GVSU Allendale Mom's Network

Tuesday, February 11

12:00PM - 1:00PM - JHZ 1012

Join us for a casual discussion: Self-Care for Busy Moms.

GVSU Pew Mom's Network

Tuesday, February 18

12:00PM - 1:00PM - DEV 303C

Join GVSU Faculty and Staff Parents and Caretakers for monthly discussions, presentations, and fellowship. We strive to create a positive place and space for learning, sharing and balancing professional and caretaking responsibilities.



Register today for these workshops on [Sprout](#).

HR WORKSHOPS, CON'T

LEADERSHIP IQ

Did you know that the Leadership IQ offers 40 online on-demand e-learning training courses, covering the most critical leadership skills? Each 60-minute program is engaging, enlightening and gives leaders instant access to answer the most pressing leadership challenges. Watch a leadership seminar right on your computer. You never have to leave your office. They're available 24/7 anywhere with an internet connection and access is free to all GVSU employees.

Set up your Leadership IQ account today and complete programs at your own leisure:
<https://www.gvsu.edu/hro/leadership-iq-155.htm>

BENEFITS AND WELLNESS

Wellness Fair

Wednesday, February 12th - 11:00AM-2:00PM

Pew Campus - DEV C Study Project Area

Want to improve your own health and well-being, and the health and well-being of the university?

Join us for:

- Wellness resources and education
- Giveaways and prize raffle
- Flu shot clinic
- STD testing
- Screenings
- Free food samples

For more, visit the [Wellness Fair 2020 webpage](#).

WELLNESS FAIR



Feb 12, 2020 | 11AM-2PM

BENEFITS AND WELLNESS, CON'T

2020 Amway River Bank Run

Join us for training sessions at the Kelly Sports Center

Every Tuesday beginning February 18th through April 28th
12:00pm—1:00pm

There will not be a sign-up on sprout or any sort of structured class. Just come out and run!

**Ambassadors please post in your buildings and share with anyone you feel would benefit from this information **

Contact Kay Hart (hartkay@gvsu.edu) with any questions

2020 Amway River Bank Run

As many of you are aware Lindsey DesArmo is out on leave so Kay Hart has taken over the Corporate Challenge for the 2020 Amway Riverbank Run. Click the link below to register if you would like, feel free to pass it along to your departments. Just search **Grand Valley State University** and put in the password **20raceteam**. There are many distances to choose from, 5K walk, 5K run, 10K run, and of course, the BIG one, the 25K. You can choose whatever race best fits your fitness level.

<https://runsignup.com/Race/Register/RaceGroup-719902?raceId=11072>

Anyone and everyone is invited to join the team. We do get a \$5 discount and the use of the Hospitality Suite located in the DeVos Center the day of the race.

We will have training sessions at the Kelly Sports Center every **Tuesday beginning February 18th and running through April 28th from noon-1pm** for anyone interested in getting in a training session. There will not be a sign-up on Sprout or any sort of structured class. Just come out and run!

Career Services for Faculty and Staff

As a staff and faculty member, you are an integral part of making Grand Valley State University one of the most successful colleges in the Midwest. We are known for our great talent—YOU—and want to help you continually develop your skills, strengths and experiences in a way that encourages growth and opportunity. Did you know **GVSU has a Career Coach** and services dedicated to helping foster and grow your career? Services the Career Coach offers include:

- **Interviewing assistance**
- **Assessments**
- **Review of career portfolio, resume, CV and references**
- **Communities of practice**
- **Tips and resources**

To learn more, contact GVSU's Career Coach:

Kim Monaghan
Human Resources Career Services for Faculty and Staff Consultant
616-331-2215
HR_Career_Services@GVSU.edu

A number of additional professional development resources are available on the **[Human Resources Professional Development web page](#)**.

UNION NEWS

Look for news from our Bargaining Team in upcoming newsletters!

Thank you for taking time to complete the survey from the bargaining team - Your opinion counts!

If you have questions for the bargaining team please feel free to email - apssbargaining@gmail.com

The goal is to begin bargaining in March and be concluded before summer!! GOOD LUCK TEAM!!



2019-2020 BARGAINING TEAM

CHAIR

COREEN BEDFORD

EX OFFICIO

BECKY BAKALE

MEMBERS

SHAWN EVANS

CHERYL FISCHER

MICHELLE HOLSTEGE

RHONDA LEMIEUX

EMAIL

apssbargaining@gmail.com

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.



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	X12297
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

Valentine's Day - February 14

President's Day - February 17

UPCOMING ISSUE

Share your spring break plans (or any other news) with **Megan** at edingme@gvsu.edu by 5:00PM on Wednesday, February 26.

FEBRUARY DATES

BIRTHDAYS

1 - Rosalie McCarty
2 - Katie Haynes
11 - Kathy Bausano
15 - Ashley Riley
18 - Dawn Nagelkirk
20 - Lindsey Burns
24 - Erica Baker-
Bringedahl
28 - Megan Eding

GVSU ANNIVERSARY

19 - Tammy Tobar (24 yrs)
23 - Sherri Hall (11 yrs)
26 - Amy Duwe (13 yrs)
26 - Shyceka Armstrong (10
yrs)

WEDDING ANNIVERSARY

14 - Rhonda LeMieux (28
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.