

# APSS NEWSLETTER

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

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## 2019-2020 EXECUTIVE BOARD

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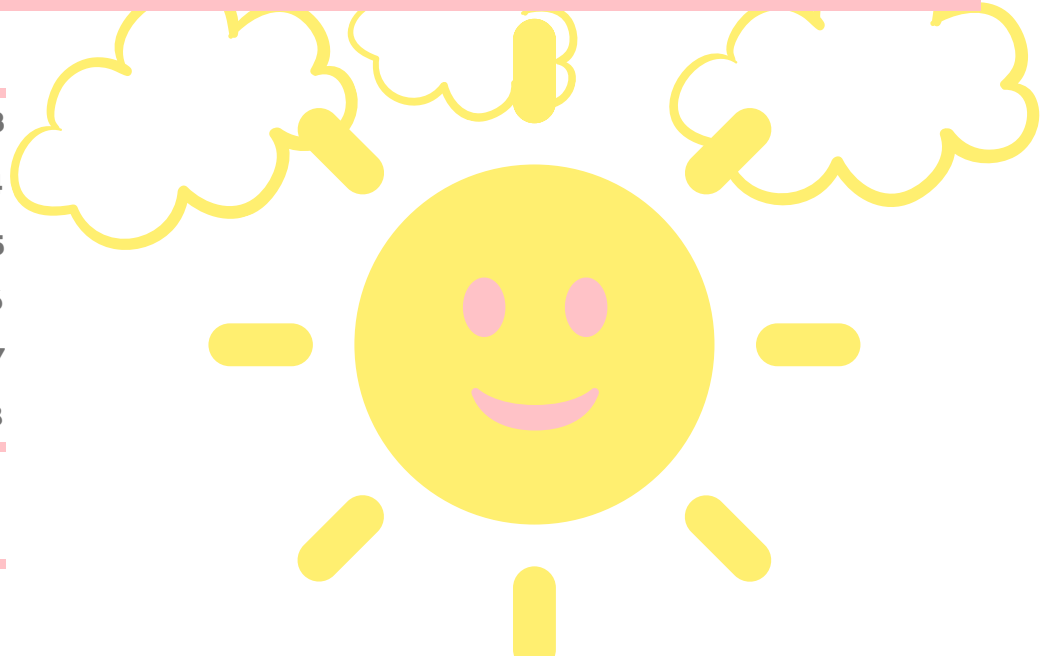
This newsletter is published monthly. For submission information contact

**Megan Koeman-Eding** at [edingme@gvsu.edu](mailto:edingme@gvsu.edu).



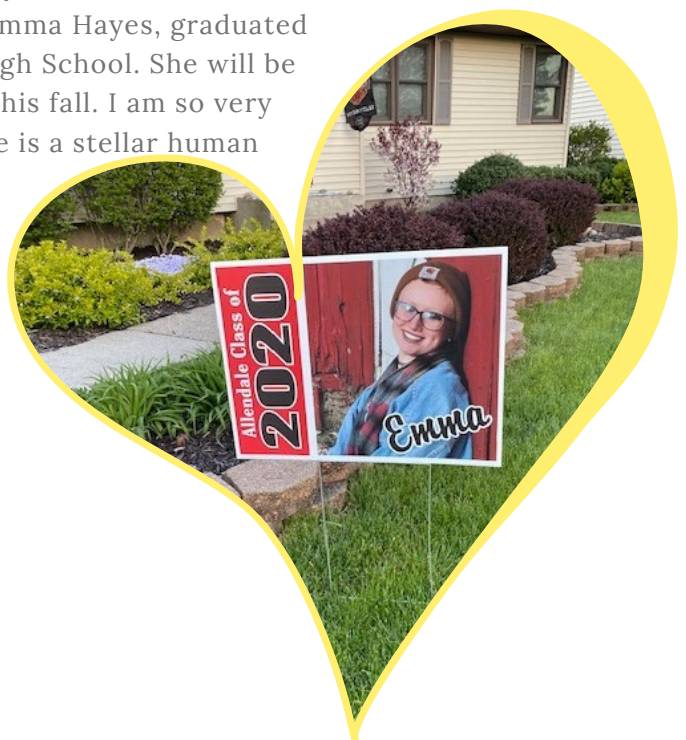
Visit our website:

[apssgvsu.org](http://apssgvsu.org)



## MEMBER SHARES

**Julie Carbine** - My oldest granddaughter, Emma Hayes, graduated from Allendale High School. She will be attending GRCC this fall. I am so very proud of her....she is a stellar human being!



## MEMBER SHARES, CON'T

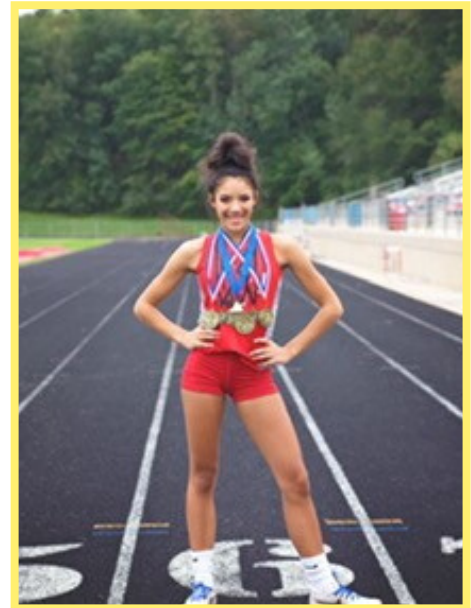
**Sandee Snyder** - My granddaughter, Kyra Snyder, will be graduating from Lowell High School on June 11th. She is a track star and also on the competitive cheer team.

Kyra was the lead leg for two record setting relay teams in 2019. Here are her track stats: She earned a 4-year Varsity letter; 2-time OK White All- Conference performer; 2019 MHSAA state qualifier; Two-time winner -OK White Conf Team Champion; 2019 coaches award. Kyra's coach (Boeve) says, "Kyra runs like a gazelle. She is a determined student-athlete who works hard and supports her team." Her favorite track memory is going to the state meet in 2019.

Kyra was super sad about the cancellation of school and track - she was really looking forward to the second half of her senior year, prom, 2020 state track finals, her graduation ceremony with classmates; and, of course, her family & friends graduation party.

Future endeavors for Kyra are to possibly work at the airport - and eventually become a flight attendant. She loves working with people of all ages and enjoys customer service. Her perfect smile and perky personality will take her far in any career she chooses!

"Congratulations" to my beautiful, well rounded granddaughter for a job well done! Lowell High Graduate 2020



**Kay Hart** - I start each morning with a prayer and thank God for another beautiful day! I also try to get outside every day, weather permitting, and go for a run and/or walk my dogs. And since the weather has been getting nice my husband and I sit out on the deck and enjoy the fresh air!



## MEMBER SHARES, CON'T

**Reda DeYoung** - After almost 35 years at Grand Valley State University, **Michelle Duram** is retiring in July. She has been the Office Coordinator in the History Department for more than 20 years. Please click on the link below to send her a message or share a memory.

[Michelle Duram's Online Guestbook](#)



*You're a superstar,  
Michelle!*

**Michelle Duram** - Liquid sunshine is a good thing....brings some fabulous flowers

AND

Also brings retirement for me....July 6 is my last day at GVSU...and on the 7th I begin an adventure ...living with my hubby FOREVER!!!! Help me!



# HR INFO & WORKSHOPS

During the COVID-19 pandemic, GVSU employees are experiencing a spectrum of emotions, some hardships and unknowns. As a Laker employee, a number of resources are available to support your unique experience. Review the COVID-19 Self-Care Resource guide for GVSU faculty and staff to connect with someone who can listen and help you brainstorm around your specific needs during this time.

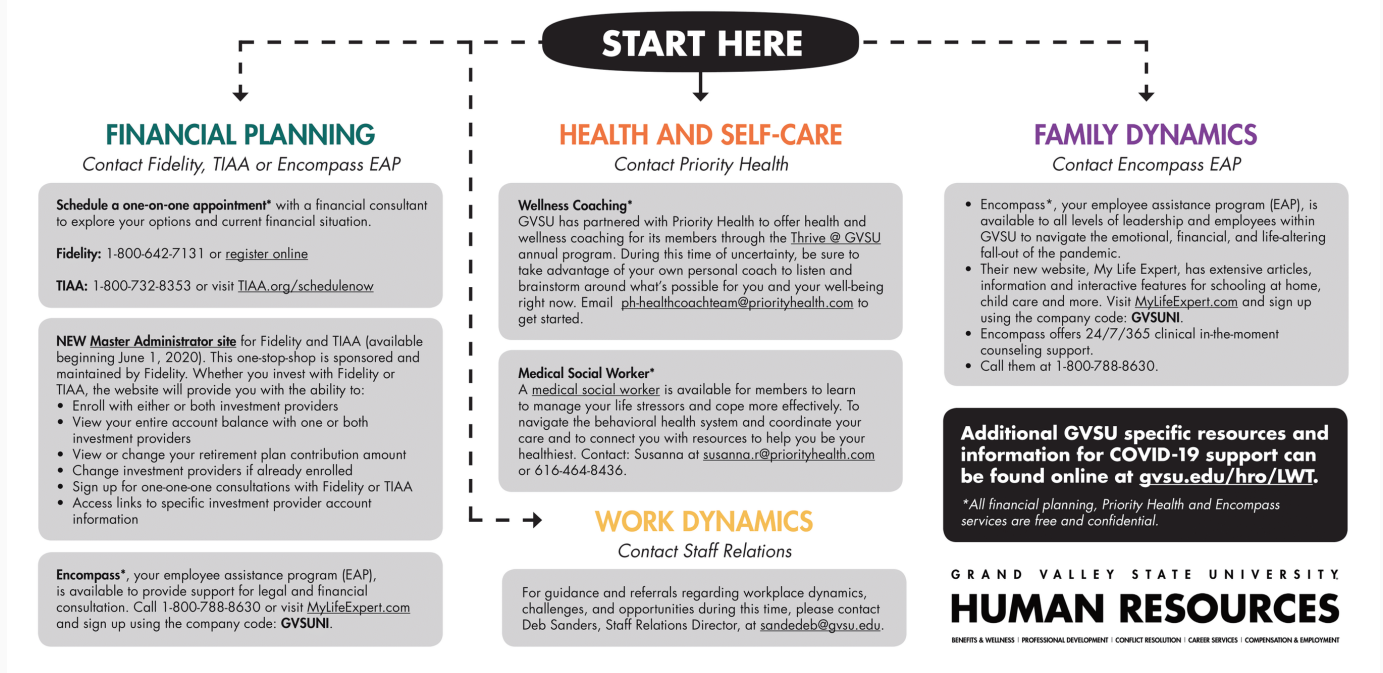
COVID-19 Self Care Resources: <https://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/resource-map-final.pdf>

Resources for Emotional Health: <https://www.gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/mental-health-resources-final.pdf>

## FACULTY AND STAFF

# COVID-19 SELF-CARE RESOURCES

During the COVID-19 pandemic, GVSU employees are experiencing a spectrum of emotions, hardships and unknowns. Many of us face mental and cognitive overload, family and financial pressures, and anxiety around how we can possibly go back to “normal” operations at GVSU in the future. As a Laker employee, a number of resources are available to support your unique experience. Our wellness and work life program offer one-on-one counseling, wellness coaching, and expert financial insight. Our employee relations team and career services is available for career consulting and guidance. We encourage you to **start** by connecting with someone today for support and resources around your specific needs during this time.



**Additional GVSU specific resources and information for COVID-19 support can be found online at [gvsu.edu/hro/LWT](https://www.gvsu.edu/hro/LWT).**

\*All financial planning, Priority Health and Encompass services are free and confidential.

GRAND VALLEY STATE UNIVERSITY

## HUMAN RESOURCES

BENEFITS & WELLNESS | PROFESSIONAL DEVELOPMENT | CONFLICT RESOLUTION | CAREER SERVICES | COMPENSATION & EMPLOYMENT

# BENEFITS AND WELLNESS

## Virtual Fitness Options

An update on the faculty/staff group exercise schedule:

The GVSU Human Resources team recognizes the value of self-care and physical activity during the COVID-19 pandemic. After careful consideration and deliberation of how to move forward with the summer faculty and staff virtual group exercise offerings, the wellness program is offering a limited virtual faculty and staff group exercise schedule for the summer (starting June 22) at no cost to participants!

- All participants who registered and paid for the summer sessions will be refunded payment. Refund requests are being submitted over the next few weeks. You will see payment returned back to your card.
- Participants who signed up for classes that are still running (schedule below) are still registered. You can remove yourself from the class at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout). Registration for the virtual summer session is open for all faculty and staff **at no cost** on [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)
- When registering, you are registering for the entire 8 week session and will need to do so **before** the first class date. Classes will be offered via the Zoom online platform. A class link will be provided in the registration email and reminders.
- The current [spring schedule](#) is running through June 19 and participants register for each class week to week.
- We are still in the planning phase for fall and what that will look like based on facility re-opening and guidelines. I will keep you posted on how we plan to proceed in the future. We are open to feedback and suggestions, feel free to email Lindsey DesArmo or share feedback [on this webform](#).

## Canceled Classes

- Spinning Tuesday 6:45am and Thursday 6:45am (NOTE: If you were registered for one of these classes you were moved into the Monday 6:45am virtual cycle class starting June 22. You can remove yourself from the Monday class on SPROUT.)
- Spinning Wednesday and Friday 12pm
- Straight up Strength Wednesday 4:30pm
- TRX Monday 6:45am
- TRX Wednesday 1pm
- Yoga Friday 12pm
- Yoga Tuesday and Thursday 1pm

## Virtual Summer Schedule

*Monday*

Sunrise Cycle with Jean 6:45am

Straight up Strength with Jean 12pm

Straight up Strength with Beth 5:15pm

*Thursday*

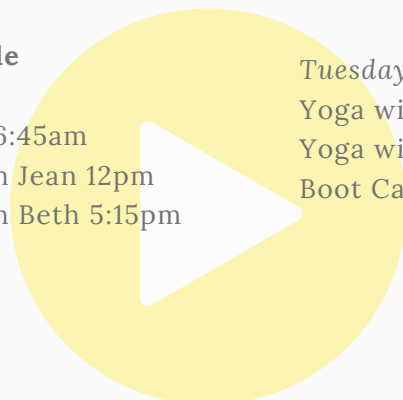
Groove with Terri 12pm

*Tuesday*

Yoga with Terri 12pm

Yoga with Shannon 12pm

Boot Camp Conditioning with Marnie 12pm



## OTHER INFORMATION

### Office of Student Life

#### LeaAnn Tibbe, Associate Director

The campus events calendar ([gvsu.edu/events](https://www.gvsu.edu/events)) is a great tool to inform the community, and anyone who may be visiting our home page, of all the things happening on our campus. Faculty and staff have come up with some very creative events during this period of remote learning. When submitting an event, make sure it adheres to the calendar policy. All events must:

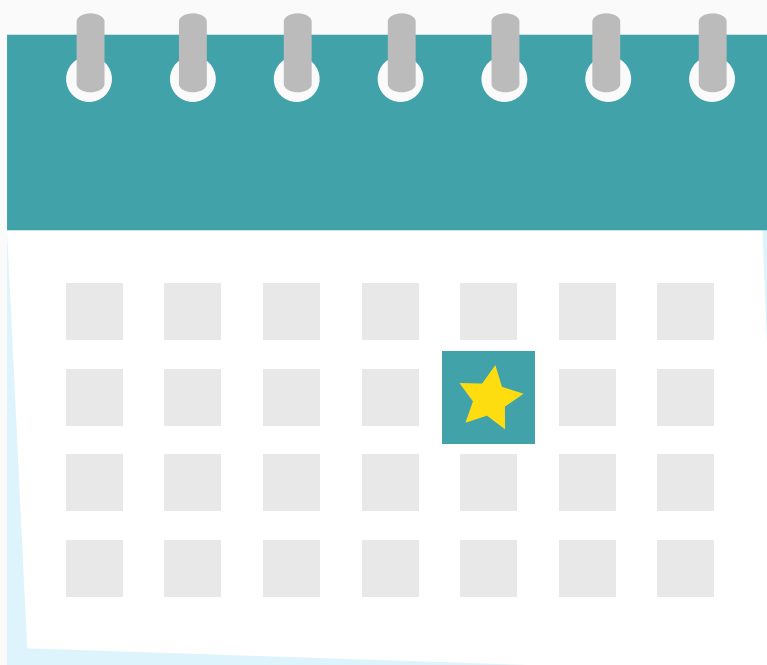
- Include a title, date, time, location, description, and contact (email and/or phone number)
- Be open to a general audience
- Have an affiliation to Grand Valley State University

Postings for office/department hours, services, or regularly available resources will not be approved.

If you're interested in promoting your events:

- Go to [www.gvsu.edu/events](https://www.gvsu.edu/events)
- Click on "Submit an Event" on the top of the screen
- Log in with your GVSU log in ID and password
- Fill out the events information (name, date, time, information, etc.)
- Hit submit.
- The event is now "pending approval"
- Once it is reviewed by the Office of Student Life, it will be approved and will show up on the calendar on the designed date(s).

If you have any questions, don't hesitate to reach out to [calendac@gvsu.edu](mailto:calendac@gvsu.edu).



# UNION NEWS



**Shawn Evans** - The APSS Bargaining Team continues to meet weekly in a virtual space to examine survey responses and contractual language. We've been in contact with Deb Sanders (co-Chair of the University's Bargaining Team), have requested some initial data for our continued analysis, and remain focused on our work while we await an opportunity to engage in this work in a different environment.

Please don't hesitate to reach out to us at [apssbargaining@gmail.com](mailto:apssbargaining@gmail.com) if you have any additional questions, concerns, or suggestions.



## 2019-2020 BARGAINING TEAM

**CHAIR**

SHAWN EVANS

**EX OFFICIO**

BECKY BAKALE

**MEMBERS**

CHERYL FISCHER

MICHELLE HOLSTEGE

TAMI JOHN

RHONDA LEMIEUX

**LEGAL COUNCIL**

JOHN KARAFI

**EMAIL**

[apssbargaining@gmail.com](mailto:apssbargaining@gmail.com)

### Union Dues Summer 2020 Schedule

Union dues will not be taken out of your paychecks for the pay periods between May 17th and July 25th (payroll numbers 12 - 16). Dues will start back up on July 26th and will be deducted from your check dated 8/18/20 (payroll number 17).

-Hollie Rago, APSS Business and Finance Director

*Happy summer from your  
APSS Board*



2019-2020  
BUILDING REPS

<b>CHERYL BRONNER</b>	<b>X13327</b>
STU, 1ST FLOOR	
<b>TAMI JOHN</b>	<b>X12350</b>
CAC & KC	
<b>VACANT</b>	<b>X13859</b>
AH, CUB, & SER	
<b>MATT COLLVER</b>	<b>X15583</b>
CHS & RFH	
<b>BARB ELLIS</b>	<b>X18611</b>
KHS & LMP	
<b>LINDSEY BURNS</b>	<b>X12186</b>
MAK & NLC	
<b>DEB ROTMAN</b>	<b>X12297</b>
AGS, LHH, LSH, & PAC	
<b>MARK SAINT AMOUR</b>	<b>X12530</b>
FH & MAN	
<b>HOLLIE RAGO</b>	<b>X13426</b>
CON, JHZ, LMH, & NMH	
<b>KATIE HAYNES</b>	<b>X13006</b>
HHLC, HRY, & PAD	
<b>JOYCE SULLIVAN</b>	<b>X13730</b>
ASH	
<b>AUTUMN DEROO</b>	<b>X15936</b>
EC, KEN	
<b>PATTI MCCARTHY</b>	<b>X16751</b>
DEV, 1ST & 2ND FLOORS	
<b>VACANT POSITION</b>	
BICYCLE FACTORY & SCB	
<b>VICKI HELGESON</b>	<b>X12630</b>
LIB	
<b>LINDSAY BOGI</b>	<b>X13585</b>
STU, 2ND & 3RD FLOORS	
<b>VICKI WENGER</b>	<b>X13898</b>
LOH	
<b>PATRICK PERRY</b>	<b>X16202</b>
DEV, 3RD & 4TH FLOORS	
<b>VACANT POSITION</b>	
HOLLAND, MUSKEGON, & TRAVERSE CITY	

MEMBER RELATIONS  
TEAM

<b>RHONDA LEMIEUX</b>	<b>X13268</b>
<b>CHAIR</b>	
<b>CHERYL FISCHER</b>	<b>X13000</b>

# IMPORTANT DATES

- Spring session ends - June 17
- Summer solstice - June 20
- Father's Day - June 21
- Summer session begins - June 22

# UPCOMING ISSUE

Share photos of your veggie and/or flower gardens with **Megan** at edingme@gvsu.edu by 5:00PM on Friday, June 26.

# JUNE DATES

**BIRTHDAYS**

- 11 - Denise Gross
- 17 - Brian DenUyl
- 18 - Carrie Shoup
- 23 - Mary Van Popering
- 24 - Shyceka Armstrong

**GVSU ANNIVERSARY**

- 2 - Linda Schmidt
- 7 - Sheryl Nelson
- 21 - Cassandra Hinzman
- 22 - Rafael Juarez-Yuen
- 23 - Jenn Palm
- 29 - Cheryl Fischer
- 30 - Julie Carbine
- Brian DenUyl (25 yrs)

**WEDDING ANNIVERSARY**

- 1 - Megan Koeman-Eding (7 yrs)
- 4 - Amy Duwe (15 yrs)
- 4 - Angie Ryan (15 yrs)
- 11- Johanna Swanson

**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 Koeman-Eding** at edingme@gvsu.edu.