

APSS NEWSLETTER

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

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2020-2021 EXECUTIVE BOARD

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HOLLIE RAGO

MEMBERSHIP DIRECTOR

JOYCE SULLIVAN

COMMUNICATIONS DIRECTOR

MEGAN KOEMAN-EDING

This newsletter is published monthly. For submission information contact

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Visit our website:

apssgvsu.org



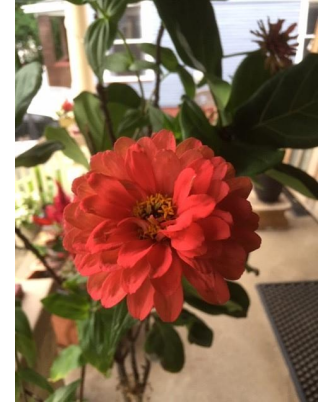
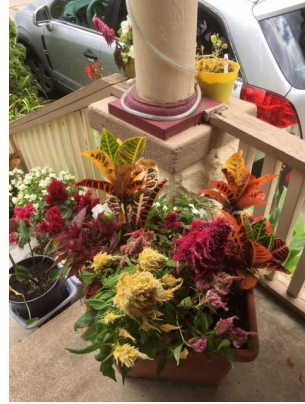
MEMBER SHARES

Megan Koeman-Eding - Last night's pickings from our garden. Pickling cucumbers, green beans, cherry tomatoes, paste tomatoes, okra, summer squash.



MEMBER SHARES, CON'T

Veda Hodges- Here are some photos of my beautiful garden of 2020! I am a flower and gardening fanatic! I love the colors, the smells and all of the wonders of Mother Nature!



Jenna Stenhouwer- Our kids wanted to hammock more often so we invested in 6 hammocks with straps and began the start of a hammock farm in our own yard. We installed a deck post and will add two more in the coming weeks! It's been very relaxing and fun!



BENEFITS AND WELLNESS

OPPORTUNITY

Consider setting up an **Emotional Strength and Support Two-Part Series** for your colleagues: Learn about negativity bias, self-compassion and emotional agility, and discuss how to build awareness around your needs

- Could your heart use some rest and relief? What does restoration look like for you emotionally and mentally? If these questions are relevant to you, your [Work Life Consultant](#) invites you to join the Emotional Strength and Support two-part series. This series will include facilitated dialogue around matters of the heart and will offer a safe space to check-in and share with colleagues.
- Two 45 minute sessions set up with your staff:
 - Session 1: Rest and Relief: We will learn about negativity bias and discuss how to build awareness around our needs.
 - Session 2: Restore: We will learn about self-compassion and emotional agility. We will discuss how to leverage our mental resources to care for ourselves.
- Each session in this two-part series is intended to build off of one another. Please attend both sessions. Space is limited to 8 people to allow an opportunity to share. We request that cameras be turned on and participants be willing to speak and share during the session.
- Email Elisa Salazar if interested in coordinating with your department or colleagues, salazael@gvsu.edu

CALL TO ACTION

You may have seen the [student peer-to-peer initiative to cultivate a healthy and safe campus culture](#). We would like to ignite APSS to apply the same concept for faculty and staff. If you, have ideas for how to go about this and/or are interested and willing to help engage with this campaign for faculty and staff as we head into the fall please email me (desarmli@gvsu.edu) and the HR team will be in touch.

REMINDER

If you have not created an account for the Encompass EAP website, mylifeexpert.com; [here are the instructions](#). **A number of COVID-19 specific resources are available** as well as career, family and life topics. Consider sharing and encouraging fellow faculty and staff to create their own account to access the resources.

#WELLNESS TOOLKIT

Wellness doesn't come overnight. It's a process of implementing new habits into your life that make you feel grounded and present, a process that's not always easy for people. Thankfully, you don't have to suddenly know what to do on your own when life gets difficult and [mindfulness](#) doesn't come easily. GVSU has a variety of resources and ideas to help you navigate [self-care](#), [conscious communication](#), [grief and loss](#), and [self-compassion](#) featured in the #Wellness Toolkit Decks. Each deck of cards features ideas on how to improve in different areas of your daily life to feel more mindful and resilient. For more information and resources visit the [#Wellness Toolkits webpage](#).

UNION NEWS



Becky Bakale - Unfortunately, we have canceled the APSS Fall Luncheon due to the pandemic and its effects on event space on GVSU's campus.

APSS FALL LUNCHEON CANCELED

Shawn Evans - The co-chairs of the University's Bargaining Committee, Maureen Walsh and Deb Sanders, recently contacted the APSS Bargaining Committee to request reconsideration of the timeline and schedule for our shared work. The uncertainty of fall enrollment and state appropriations has created a fiscal environment in which bargaining in good faith, particularly as it relates to wages and other financial considerations, remains questionable.

Your bargaining team shares these concerns, and has formally responded with a request for a tentative agreement that we extend the current contractual agreement for one year and delay the negotiation of our contractual terms until spring 2021.

Once we receive a formal response from the University's Bargaining Committee and reach a tentative agreement, this proposal will be brought to the APSS membership for discussion, deliberation, and vote.

Please let the APSS Bargaining Committee know if you have any questions, concerns, or feedback at apssbargaining@gmail.com

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

UNION NEWS

GET TO KNOW YOUR APSS EXECUTIVE BOARD!

For the next several months, we'll be featuring members of our APSS Executive Board, to help everyone get to know us a bit better and put faces to names! This month, we've put the spotlight on Tami John, our new APSS Vice-President.

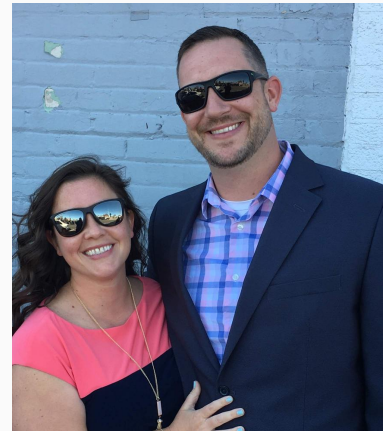
Tami John, APSS Vice-President

Event Services Assistant

Hi all! My name is Tami John, your newly elected Vice President of the Alliance of Professional Support Staff and part of the 2020 Bargaining Team. I am also the Kirkhof Center and the Calder Arts Center Building Representative. Beyond my dedication to our Union, I have been employed by GVSU since 2007. I started as a temp in the Admissions Office, was hired in the Records Department and eventually made my way over to Event Services in 2015. I love that I have knowledge of working the academic side of the University, along with the non-academic side.

Outside of work, my family and friends are my life. I have been with my husband, Ryan, for 16 years and we have twin boys, Chase and Ashton, who will turn 11 in September. Crazy how fast it goes! The boys are very involved in sports which makes our horrible competitive side come out. (I blame previous generations for this.) There are so many things we love to do together; attending concerts and musicals, sporting events, taking long walks, movies, golfing, fixing up our house, vacations – long or short and, of course, anything Notre Dame.

This quarantine life has taught me that I prefer to watch snarky comedy shows but could read a good book in bed all day long. I love my flowers and watering at night is my “me-time”, but I also learned that I need to figure out how to keep them alive when I go on vacation for a week. I'd rather drink a good beer while sitting in my driveway with my friends, watching all the neighbor kids play, than attempt to go out. I am meant to be a working parent; homeschooling is not for me. My children and I survived....barely. So thank you, GVSU, for giving me the opportunity to come back. I am ready for the next semester. I can't wait to see you all and what this new year has in store for us! Let's do this!



2020-2021 BUILDING REPS

CHERYL BRONNER	X13327
STU, 1ST FLOOR	
TAMI JOHN	X12350
CAC & KC	
VACANT	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	
VACANT POSITION	
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

Summer 2020 classes end - August 4

Fall 2020 classes begin - August 31

UPCOMING ISSUE

Share summer recipes with **Megan** at edingme@gvsu.edu by 5:00PM on Thursday, August 27.

AUGUST DATES

BIRTHDAYS

5 - Christine Adams

12 - Jalyn Kamp

21 - Aubrey Dull

25 - Ronda Huster

26 - Pat Cox

28 - Julie DeVecht

29 - Coreen Bedford

GVSU ANNIVERSARY

7 - Barbie Young

10 - Lindsey Burns

24 - Darrhonda Scott-Jones

25 - Jalyn Kamp

26 - Shelby Harrison

WEDDING ANNIVERSARY

5 - Christine Adams

6 - Dawn Nagelkirk (38 yrs)

6 - Lori O'Bradovich (37 yrs)

12 - Michelle Hodde (26 yrs)

21 - Shawn Evans (16 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 Koeman-Eding** at edingme@gvsu.edu.