

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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This newsletter is published monthly. For submission information contact

Megan Koeman-Eding at edingme@gvsu.edu.



Visit our website:

apssgvsu.org



MEMBER SHARES

Deb Barko - Since I live very near to Millennium Park and Fred Meijer trails, I did a lot walking this fall. I was getting at least 12,000 steps in a day and collected many dried weeds along the way. My plan is to make dried flower arrangements.



MEMBER SHARES, CON'T

Sarah Kozminkski - I have started doing adult paint by number and it's so relaxing. They are not very expensive on Amazon!



Sue Peterson - I turned the big 50 on January 4th and spent it celebrating for a week in Key West with 14 friends! It was a much needed getaway and was so much fun.



MEMBER SHARES, CON'T

Joan Visser - My "self-help" tip is that I am trying to only use social media to have a positive thought or post. We need to be filled with grace and kindness. I am so tired of the negative and it isn't helping anyone that I can see.

My other tip is to get out in nature. So many people feel that they are unable to do normal things, but hiking, skiing, and a campfire/fire pit outside have been so enjoyable!



Bonnie Peterson, PSS Development Committee

- We still have appreciation cups available until the end of February at the downtown Kennedy Hall location. Pick up times are Monday - Wednesday from 10:00AM to 12:00PM in the Kennedy Hall front office (KEN 136).

If a PSS has not picked up their cup yet they are encouraged to stop by or contact the PSS Development Committee email if they have any questions: pssdc@gvsu.edu



HR WORKSHOPS

The following three (3) workshops have been approved for PSS Development Credit:

1) Queer and 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 virtual 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.

Join us and learn more about your own power to create positive change on our campus, in the community, and in the world.

Friday, February 5

1:00PM - 3:00PM

Virtual

Friday, April 9

1:00PM - 3:00PM

Virtual



The following Randy Dean trainings have been approved for technical PSS Development Credit:

2) Taming E-mail Tips & Tricks

Presented by Randy Dean

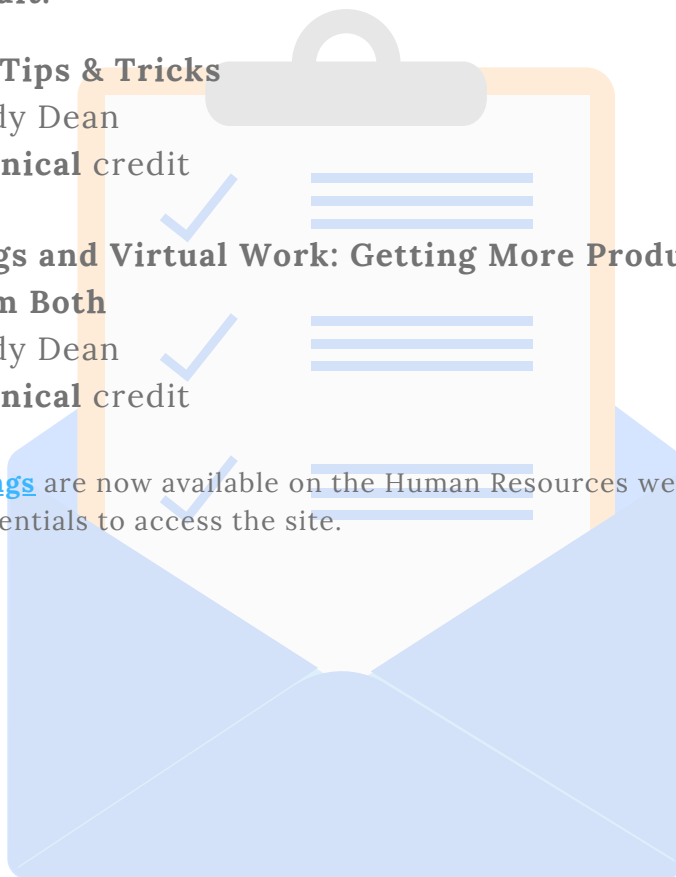
Approved for **technical** credit

3) Virtual Meetings and Virtual Work: Getting More Productivity and Effectiveness from Both

Presented by Randy Dean

Approved for **technical** credit

The [webinar recordings](#) are now available on the Human Resources website. You will need to use your GVSU login credentials to access the site.



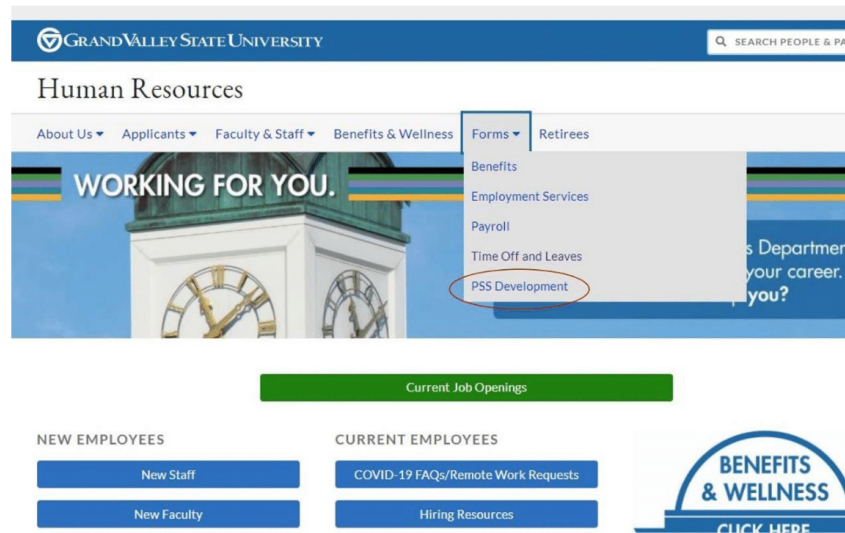
HR WORKSHOPS, CON'T

Don't forget to submit the workshops you've attended for PSS Development Credit!

1. Go to www.gvsu.edu/hro
2. Click on Forms → PSS Development
3. Login

1. Go to www.gvsu.edu/hro

2. Click on Forms → PSS Development



3. Login

Find the training you attended in the drop down menu and specify the date you attended. Once logged in, click on the green "New Development Course Application." Find the training you attended in the drop down menu, specify the date you attended, and leave an explanation on how the training improved your job performance and awareness. Then click Submit!

If the training is not listed in the drop down menu, go to the [Development Credit tab](#) on our APSS website for step-by-step instructions to apply for the training to be approved for PSS Development Credit. Those instructions can be accessed by clicking "follow these steps" in #4.

BENEFITS AND WELLNESS

How to Retire Happy and Informed

Wednesday, February 3

12:00 - 2:00PM

As you think ahead to the years of retirement, the door closes on one stage of life and a new door opens up to a sea of opportunities to consider. Plan your new beginning by being well informed. Attend this workshop to explore your options with regard to Social Security and Grand Valley medical plan options. Representatives from, GVSU Human Resources, the Social Security Administration and Advantage Benefits Group will be on hand to present and to answer questions.

All are welcome, including partners and family members. This is geared towards employees 55 and older. Register online at

www.gvsu.edu/sprout



GVSU Parenting Network: Moms

Tuesday, February 23

12:00PM - 1:00PM

Bring your lunch and we'll share and discuss fitness strategies for busy moms. A guest speaker will be joining us. Register in [Sprout](#) for Zoom meeting link.

GVSU Elder Care Network

Wednesday, February 24

3:30PM - 4:30PM

This group is an authentic space for elder care givers to connect with each other, share stories, and talk about resources. This session's topic is will be "Care Giving and Self-Care." Register in [Sprout](#) for Zoom meeting link.

BENEFITS AND WELLNESS, CON'T

TREK100 Challenge: 2021 COMPLETE 100 MILES IN 8 WEEKS!

Trek means to travel, to journey, or to adventure... and we want you take a 100-mile journey with us. This challenge allows you to track mileage through running, walking, biking, swimming, rowing, taking a group exercise class, playing an Intramural Sports game, using the upper body ergometer, and other various activities. The leaderboard creates more motivation and features where you rank among all participants. Get involved, be active, and live healthy with us!

We challenge you to JUST KEEP MOVING. Are you up for the challenge?


Register: <https://www.gvsu.edu/rec/trek100-challenge-2021-149.htm>




We Want You On Our Team

Join the GVSU Faculty and Staff team for \$5 off your registration fee. [Click here for more info.](#)


**AMWAY
RIVER BANK
RUN**
MAY 8, 2021



Amway
RIVER BANK RUN



FIFTH THIRD
BANK



Spectrum
Health

Amway Riverbank Run - GVSU Faculty and Staff Team May 8, 2021

We want you on our team! Get out, get active, and work toward your goals by joining our River Bank Run team. You can sign up for any of the various events to participate on our team. Events include: 25K, 10K or 5K run; 25K handcycle/wheelchair; 25K relay; and 5K walk.

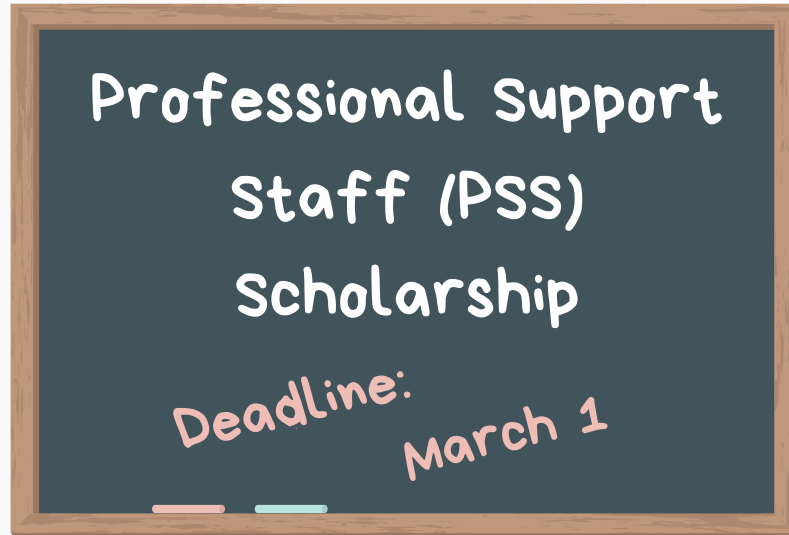
When you register, select the GVSU faculty and staff team from the team dropdown (password: GVSU) for \$5 off your registration fee! The location of the race is undetermined at this time.

Register online at amwayriverbankrun.com.

If you have any questions, please reach out to Lindsey DesArmo at desarmli@gvsu.edu.

Navigate your wellness with the new [faculty and staff virtual resource guide](#).

UNION NEWS



Professional Support Staff Scholarship:

This scholarship was designed to assist Professional Support Staff (PSS) employee group children and grandchildren in the pursuit of an undergraduate degree at GVSU.

The applicant must be a child or grandchild of an employee in the current Professional Support Staff (PSS) employee group. This PSS employee may either be currently working and has completed a minimum of three continuous years by the application deadline, or a PSS employee who has retired from GVSU and is currently receiving GVSU retirement benefits.

The applicant must be admitted as an **undergraduate** degree-seeking student to GVSU and plan to enroll as a full time student for both fall and winter semesters.

Renewal Criteria: To receive the scholarship the parent or grandparent of the scholarship recipient must continue to be a member/retiree of the PSS employee group. Recipients must reapply. Direct your child or grandchild to <https://www.gvsu.edu/financialaid/myscholarships-163.htm> to apply! The scholarship is listed as Professional Support Staff (PSS) Scholarship.

Deadline to apply is **March 1, 2021**.

Scholarship amount varies depending on the number of applicants.

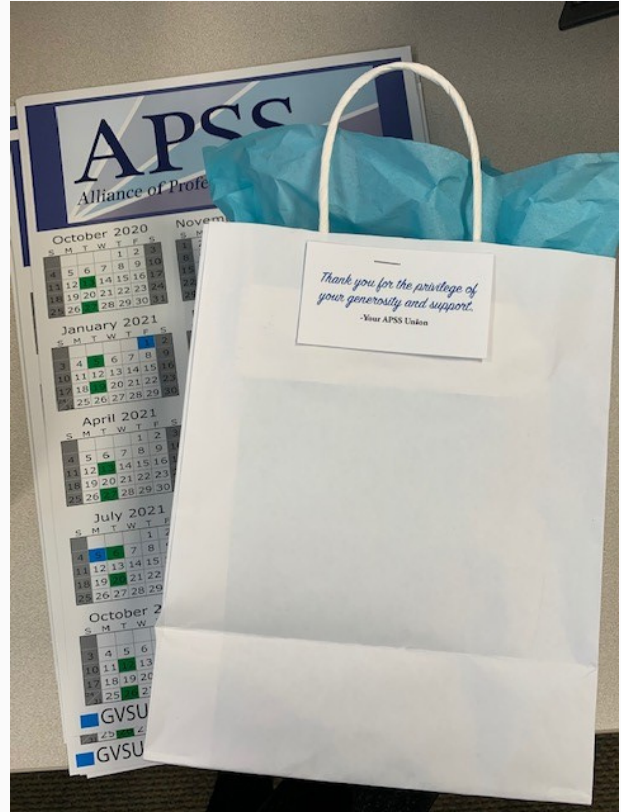
If you'd like to donate to this fund, visit [Giving to Grand Valley](#) and search Professional Support Staff.

UNION NEWS, CON'T

APSS Gift Bags and Calendars:

The APSS Executive Board has put together APSS gift bags for all our members! As we did not have an APSS luncheon in 2020, we wanted to make sure you all received our wonderful calendars and tokens of appreciation for all you do! Gift bags and calendars have been distributed to your building rep, and they should be in touch with you on how you can receive yours. If you haven't heard from your building rep, don't hesitate to reach out to them! You can find the list of building reps and their buildings on the last page of the newsletter or on our [APSS website](#).

If anyone is looking for extra calendars, please reach out to Becky Bakale or Tami John.



2020-2021 BARGAINING TEAM

CHAIR

SHAWN EVANS

EX OFFICIO

BECKY BAKALE

MEMBERS

VACANT

MICHELLE HOLSTEGE

TAMI JOHN

RHONDA LEMIEUX

LEGAL COUNSEL

JOHN KARAFIA

EMAIL

apssbargaining@gmail.com

Shawn Evans - The bargaining team is beginning to convene as a team to continue the work we began last year through a close analysis of our contract and the feedback provided in last year's survey. Additionally, we are working on development of a brief membership survey for distribution soon. We always appreciate questions and feedback at apssbargaining@gmail.com.



UNION NEWS, CON'T

Get to know your APSS Executive Board

This month, we've put the spotlight on Megan Koeman-Eding, APSS Communications Director.

Megan Koeman-Eding, APSS Communications Director

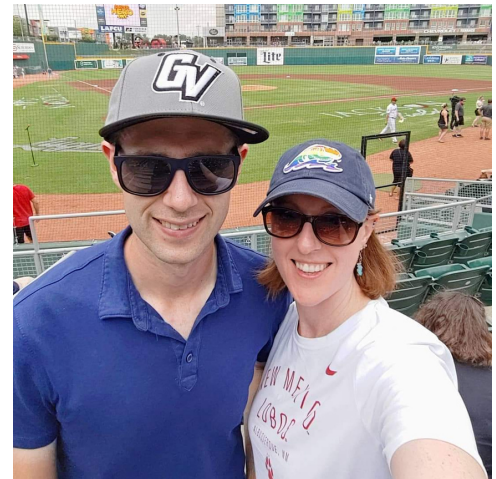
Office Coordinator - Padnos College of Engineering and Computing Student Services

I'll start off by announcing my job change! As of January 11, I am the new Office Coordinator in the PCEC Student Services Office on the Pew Campus. I'm thrilled for this new challenge and can't wait for students, faculty, and advisors to return to campus as this office will then be bustling with life!

Prior to this, I was the C2 in the Modern Languages and Literatures office for nearly three years. I've also worked as a Financial Aid Counselor at Davenport University and as a Senior Academic Advisor at the University of New Mexico in Albuquerque, NM. I absolutely loved Albuquerque and it was definitely a tough decision to move back to Michigan. I am originally from Allendale and now live on the NW side of GR in a mid-century brick ranch that my husband and I are restoring to its 1961 glory.

Since graduating with my BA in History from GVSU, I've lived in Fort Collins, CO (graduate school), Deer Lodge, MT (graduate internship), Cooperstown, NY (Baseball Hall of Fame internship), Casper, WY, Albuquerque, NM, and now back to West Michigan! I feel blessed to have lived in these amazing places! I've found that each place I lived brought me a little bit more out of my shell and out of my comfort zone and contributed to the go-getter attitude I have today.

Outside of work, I enjoy playing/watching golf, tennis, basketball, baseball, and hockey, love going for bike rides and walks, and pushing my fitness goals to the next level. I also love to read, cross stitch, go to Whitecaps and GR Drive games, and help out in my husband's vegetable garden. We have one very energetic dog, a Texas Heeler named Charlotte who we adopted while living in NM.



2020-2021 BUILDING REPS

CHERYL BRONNER	X13327
STU, 1ST FLOOR	
TAMI JOHN	X12350
CAC & KC	
MATT COLLVER	X15583
CHS & RFH	
BARB ELLIS	X18611
KHS & LMP	
LINDSEY BURNS	X12186
MAK & NLC	
DEB ROTMAN	X12297
AGS, LHH, LSH, & PAC	
HOLLIE RAGO	X13426
CON, JHZ, LMH, & NMH	
KATIE HAYNES	X13006
HHLC, HRY, & PAD	
JOYCE SULLIVAN	X13730
ASH	
AUTUMN DEROO	X15936
EC, KEN	
VACANT	
DEV, 1ST & 2ND FLOORS	
PATRICK MURDOCK	X19188
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	
IRINA GROUGAN	X17606
TC REGIONAL CENTER, HOLLAND, & MUSKEGON	
VACANT POSITIONS	
AH, CUB, FH, MAN, SER	

MEMBER RELATIONS TEAM

RHONDA LEMIEUX	X13268
CHAIR	
VACANT	

IMPORTANT DATES

Valentine's Day - February 14

President's Day - February 15

UPCOMING ISSUE

Share pictures of your pets with **Megan** at edingme@gvsu.edu by 5:00PM on Wednesday, February 24.

FEBRUARY DATES

BIRTHDAYS

1 - Rosalie McCarty

2 - Katie Haynes

11 - Kathy Bausano

18 - Dawn Nagelkirk

20 - Lindsey Burns

24 - Erica Baker-

Bringedahl

28 - Megan Koeman-Eding

GVSU ANNIVERSARY

19 - Tammy Tabor

23 - Sherri Hall

26 - Amy Duwe

26 - Shyceka Armstrong

WEDDING ANNIVERSARY

14 - Rhonda LeMieux (29 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, wedding anniversary, job change, and/or retirement notice published in the newsletter, or if you have suggestions for an upcoming issue, email **Megan Koeman-Eding** at edingme@gvsu.edu.