

APSS NEWSLETTER

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

IN THIS ISSUE:

MEMBER SHARES	P. 1-2
HR WORKSHOPS	P. 3-5
BENEFITS & WELLNESS	P. 6
UNION NEWS	P. 7-10
DATES	P. 11

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Visit our website:

apssgvsu.org



MEMBER SHARES

Janet Potgeter - Another recipe to share! My favorite summer "recipe" - watermelon ice cubes. When you have a ton of watermelon (seedless is best) cube it and freeze it, or put a popsicle shaped piece on a stick. Very refreshing! You can use the cubes in any drink, but my favorite use is to keep my beer cold. And they taste great after the drink is gone!



MEMBER SHARES, CON'T

Sarah Kozminski - I enjoy watching my chickens run around the yard. They love potato chips and popcorn.



Karynn Gregory - We like hanging up the bird feeders as soon as Spring hits and watching to see how many different types of birds visit our backyard! Our favorites to look for are the robins and the woodpeckers.



HR WORKSHOPS

The following four (4) workshops have been approved for PSS Development Credit:

*Please note that although they are not listed in Sprout as approved for PSS Development Credit, HR has approved them. Remember to enter them in the [PSS Development Credit website](#) after taking the training!

1) Blackboard Essentials

Presented by eLearning and Emerging Technologies

Approved for **technical** credit

This seminar is recommended for faculty/staff who want to learn the most commonly used features of Blackboard. This seminar is a badge-eligible event. More information about earning this badge can be found on our Faculty Badges @ GVSU website.

Learning Objectives

After completing this workshop, the user will be able to:

- Access Bb and make their course available to their students
- Identify and be able to use important Bb communication features (Announcements, Email, Discussion Board, etc.)
- Customize their Bb course menu
- Upload, edit or delete files in their Bb course
- Create and understand the differences between a folder or a learning module
- Organize content within a folder or a learning module
- Add an external web link in their Bb course
- Add a mash-up or other multimedia content (YouTube, Flickr, SlideShare, Panopto video, etc.)
- Create an online assignment
- Access the Grade Center and have a basic understanding of how to navigate the Grade Center, as well as grade an online assignment

Monday, May 3

1:00PM - 2:30PM

Virtual



Blackboard

HR WORKSHOPS, CON'T

2) LAAN Professional Development Session

Presented by Laker Academic Advising Network

Approved for **non-technical** credit

The context of this session builds on the trauma-informed advising approach. Trauma-informed advising takes into consideration the current context of the COVID pandemic and the impacts that trauma has on students including emotional responses, societal responses, health issues, legal issues, learning, relationships, and decision-making.

As students continue to feel the effects of the COVID pandemic and institutional pressures around maintaining enrollment increase, it is important that as advisors, counselors, and staff we continue to actively connect, engage, and support students.

We'll share specific tips for helping students create goals and techniques or approaches on how to keep students connected to campus. Participants will have a chance to talk in small groups about challenges they've been facing as well as strategies that have worked well with students.

Monday, May 3

10:00AM - 12:00PM

Virtual

3) Anti-Racism, White Consciousness

Presented by Inclusion and Equity

Approved for **non-technical** credit

What does it mean to be white in the United States during a time of intensified racism? How does being white permeate one's consciousness, and how do we collectively interrupt racism through action? This seminar aims to unpack the ways that white identity impacts our sense of self and our relationship to others. We will focus on the history of white supremacy, self-reflection, and strategies for integrating one's whiteness identity with advocacy. The ultimate goal is to create a brave space of support for people who self-identify as white, as we work together to hold ourselves and each other more accountable as allies in addressing issues of oppression.

This is a 5-session learning cohort with the expectation that participants will be able to attend every session. The virtual sessions are the following Tuesdays from 2:30PM - 4:30PM:

May 11, May 25, June 8, June 22, July 6

HR WORKSHOPS, CON'T

4) Zoom 101

Presented by eLearning and Emerging Technologies

Approved for **technical** credit

Learn the basics of using Zoom to meet with your students. After completing this workshop, the user will be able to:

- Identify basic webinar protocols
- Find the Zoom tool in Blackboard
- Schedule a meeting and launch Zoom
- Use reactions
- Use chat
- Change roles
- Record sessions

Thursday, May 13

1:00PM - 2:30PM

Virtual

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



What if the training I took isn't listed in the PSS Development Credit website?

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

GVSU Parenting Network: Moms

Tuesday, May 18

12:00PM - 1:00PM

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. All meetings are virtual. Register in [Sprout](#) for Zoom meeting link.



There's a wealth of resources available for faculty and staff around emotional health and wellness:

[myStrength](#) is an online tool to help you live your best life. You'll find help for stress, anxiety, chronic pain, and more. It's safe, secure and personalized – just for you. Track your health, enjoy activities, and become inspired. Start today!

[Facts You Might Not Know, but Should: Signs of Mental Illness and Solutions You Can Use](#)



UNION NEWS

APSS Town Hall Recording from April 20

If you weren't able to attend the APSS Town Hall on Tuesday, April 20, please visit our apssgvsu.org/meetings to watch the recording.



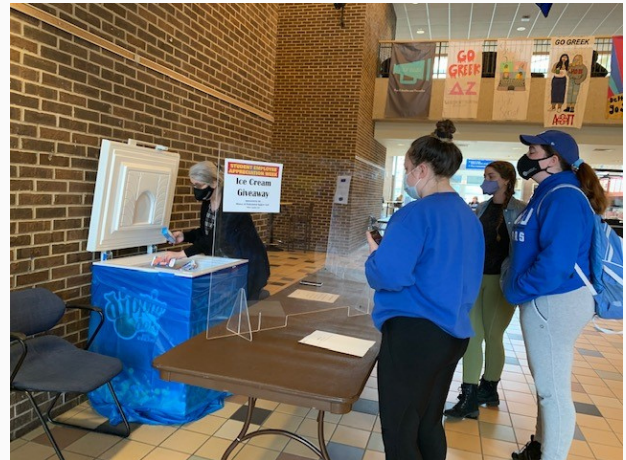
2021 Summer Dues Schedule

Hollie Rago - Union dues will not be taken out of your paychecks for the pay periods between May 16th and July 24th (payroll numbers 12 - 16). Dues will start back up on July 25th and will be deducted from your check dated 8/17/21 (payroll number 17).



Student Employee Appreciation Week - Indulge Day

Thank you to the volunteers who helped spread joy on Thursday, April 15 for Indulge Day, part of Student Employee Appreciation Week. Ice cream treats were handed out in KC and EC! Thank you to Denise Gross, Tami John, Lynnette Keen, Megan Koeman-Eding, Janet Potgeter, Mona Silva, and Barbie Young for volunteering to hand out the treats!



UNION NEWS, CON'T

Do you have 200 or more vacation hours?

People who take vacations have:

- lower stress
- less risk of heart disease
- a better outlook on life
- more motivation to achieve goals
- increased happiness in your job
- better mental and physical well-being

Taking time off from work is more important now than ever, as stress levels rise and days become indistinguishable from one another. Add the ever-present feeling of being 'always on', exacerbated by blurring lines between work and life, and you have a recipe for burnout.

The best cure for burnout is taking a vacation. Unfortunately, thinking about taking a vacation during a pandemic can be a source of stress in itself. There are new factors to consider than in previous years such as health and safety risks due to COVID-19, and increased financial burden. So what does time off during a pandemic look like?

To maximize the benefits of your time off, follow these steps to take a work-free vacation.

Truly disconnect.

The only way to take full advantage of a vacation is if you fully disconnect from work. Put an out of office message on your email, and tidy up your workspace. Turn off notifications, alarms, and anything else that will tempt you to look at your work during vacation. This helps you mentally transition out of work mode and into vacation mode.

Prepare for your time off.

There's nothing worse than coming back to a mountain of emails and playing catch up to with work that wasn't done while you were away. Before your vacation, take a look at your workload. Figure out what can be done ahead of time and what can wait until you get back.

Set boundaries.

While a truly phone and email free vacation is the ultimate goal, the reality is sometimes you can only disconnect 90% of the time. Clearly communicate with your team about how and when you'll be available, and try to keep communication to a minimum.

Get creative.

Vacationing in a pandemic requires some creative thinking. Staying close to home doesn't mean boring - it just means thinking outside the box a little. Take advantage of what's around you - spend time in nature, visit a small town nearby, or simply explore your area and find places that are new to you.

Regardless of how you spend your vacation, the most important part is that you're truly taking time off from work. **You've earned the time to disconnect, so don't allow feelings of guilt or 'I should be doing something' to take over.** Rest, relax, and recharge on your vacation so you can return to work feeling truly refreshed.

UNION NEWS, CON'T

Get to know your APSS Building Reps

This month, we've put the spotlight on Building Reps Barb Ellis (KHS & LMP) and Irina Grougan (TC Regional Center, Holland, & Muskegon).

Barb Ellis, KHS and LMP Building Rep

Academic Department Coordinator - Biology Department

I have been at GVSU for 34 years. I started in the Development Office in the Fountain Street building downtown, and then moved to West Michigan Public Broadcasting in Manitou Hall - which later moved into the new Eberhard Center location downtown. I took a brief leave of absence after my youngest was born and then came back part-time in the Human Resources Office. From there I moved into my current role in the Biology Department and have been there for 22 years. As of this past December, I am also a proud GVSU Alumna!

I have three amazing kids and three equally amazing kids-in-law and will be blessed with a first grandchild later this fall! I also have two fur kids who keep me entertained. In my free time I like to read, spend time camping with family and friends, beat my dad in a mean game of cards, or just sit and listen to the waves roll in on any of our beautiful Michigan beaches.



UNION NEWS, CON'T

Get to know your USPS Building Reps

Irina Grougan, TC Regional Center, Holland, & Muskegon Building Rep

Office Manager - Center for Adult and Continuing Studies

Originally from Belarus (Eastern Europe), the country that is still very dear to my heart and where most of my family still lives, my background is a quintessential immigrant story - came alone, without family, but with a suitcase and about \$100... But every immigrant's story is different, mine was that I never planned to stay... My American story in a way goes back to when I was 6-7 and started studying English, which became my passion and as a result, when I was in high school in the early 90's, I got a chance to be an exchange student in the USA. So in 1994 I first arrived as an international student in Oregon. After my student exchange experience in America, I went back and while working on my BA in Linguistics and Teaching Foreign languages, I came back to the US every summer for 4 years for practicums (as a student worker for language practice and immersive experience). And it was while working one of those summers on Mackinac Island in 1999 that my Michigan life chapter began... To make the long story short, it has now been 21 years since I called Traverse City home, married for almost 19 years and during the memorable 2020, adopted a 10-year-old rescue cat (after we lost the cat we had for 18 years few years ago).

My path back to the Education field was nonlinear. When I first started, as an immigrant with no support system (friends/relatives in the area), I couldn't afford not to work and had to do what was available. My career history was very diverse - from teaching and working for an NGO in Belarus, to working as an accountant assistant, construction draw processor, sous chef, USPS mail carrier, office manager in the US... Four years ago I became a part of the GVSU family at the Traverse City Regional Center, having previously worked as an office manager at Northwestern Michigan College for 7 years. Besides working in education, I'm passionate about nature and everything that has to do with it: plants and gardening (see my photo with some of my last year's garlic crop), hiking, travel, languages and cooking/eating/exploring food.



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, IDC, KEN	
RAYSHENA WILSON	X17130
DEV, 1ST & 2ND FLOORS	
PATRICK MURDOCK	X19188
BICYCLE FACTORY & SCB	
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, LIB, MAN, SER	

MEMBER RELATIONS TEAM

RHONDA LEMIEUX	X12557
CHAIR	
VACANT	

IMPORTANT DATES

Spring Classes Start - May 10

Memorial Day (University Closed) - May 31

UPCOMING ISSUE

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

MAY DATES

BIRTHDAYS

4 - Cassandra Hinzman
14 - Melissa Kurek
21 - Cherilyn Denomme

GVSU ANNIVERSARY

7 - Melissa Kurek
23 - Jennifer Stamate-Carey
29 - Terri Kenney

WEDDING ANNIVERSARY

4 - Janet Potgeter
7 - Kimberly Reeves-Jorgensen
16 - Erica Baker-Bringedahl (12 yrs)
21 - Charlyn Worthem (35 yrs)
23 - Jay Zink (35 yrs)
25 - Krystal Vanden Bosch (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, 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.