

APSS NEWSLETTER

June 2, 2014

Volume 4, Issue 10

2014 - 2015

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This newsletter is published
monthly.

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SUMMER FUN!!

Jacquelyn Abeyta - Recently my husband and I purchased a motorhome and we plan to go rving with our three sons, ages 2, 4, 15. Our road trip will take us to stops in Colorado, New Mexico, Texas and back to Michigan! I've attached a picture of our motorhome. Wish us luck! Jacquelyn also graduated this April with a M.Ed. degree!



Bev Nyhuis - I'm going to Disney World next week with my son, his wife and two little girls. I'm hoping to come back looking like the Little Mermaid!!

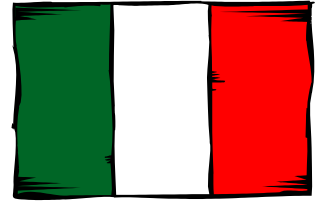


Joanie Hodson - By the time the Newsletter is published I'll be at our cabin in the Upper Peninsula for one week. We'll be doing some maintenance but mostly fishing!



SUMMER FUN CONTINUED

Michelle Duram - We are looking to get a group together for a POSSIBLE summer trip to Italy for 13 days in 2015 through Hinsdale Travel in Chicago (a family friend, Betty, and she is GREAT...we have utilized her travel consultant services many times even with a group of 100 a couple years back!). If anyone is interested please contact Michelle Duram.



Erica Baker-Bringedahl - My husband, Jason, and I went to the U.P. in May to celebrate our 5 year anniversary. We saw the Tahquamenon falls, Mackinaw City, and the Soo locks. We had a great time.



Dorothy Vice - Dorothy and her husband traveled to Philadelphia in May to see her son Justin Vice '11 graduate from University of Pennsylvania and his finance, Erica (who graduated from the school of Dental Medicine). They also stopped by Gettysburg and toured the cemetery there along with the battlefields. Dorothy and her husband, Tom, stopped by Washington DC and



Dorothy Vice and husband, Tom in front of WWII Memorial, reflecting pond and Lincoln Memorial.



Dorothy's son, Justin and girlfriend Erica at Erica's graduation.

saw the WWII Memorial, reflecting pond and Lincoln Memorial.

LOCAL FUN!!

Summer Reading

Grand Rapids Public Library System Reading Challenge, May 27-

August 31: Challenge your kids to see how many books they can read over the summer! There are several events taking place over the summer and prizes! Check out GRPL [here](#).



Kent District Library System Summer Reading Club for Kids AND Adults, June 2-

August 9: Fun activities are planned and prizes are to be had! Check out KDL [here](#).

Local Festivals

45th Annual Festival of the Arts in Grand Rapids, June 6-8. There will be art, entertainment, food, and activities for kids and adults. Check the guide for scheduled events and activities [here](#).

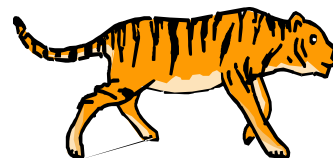
Local First Street Party, June 7. Kick your summer off right with the best outdoor music, food, & beverage festival of the year! It's Local First's 11th annual Street Party - sure to be bigger and better than ever. Mark your calendar – you won't want to miss this party! For more information visit <http://www.localfirst.com/>.

Local Places to visit

Grand Rapids Public Museum: Dream it, Build it Exhibit (open now). The museum also has a newly renovated Planetarium with various shows. Did you know? The museum is open until 8pm on Tuesdays!

Grand Rapids Children's Museum: Special exhibits include the Imagination Playground, Kidstruction Zone, Just Fort Fun!, and Open Wide.

John Ball Zoo: Check out the new Tiger exhibit and petting zoo. Take a ride on the funicular (what is that, you ask? Look [here](#)) or zipline!



Grand Rapids Art Museum: Throughout the summer you can get in the GRAM for free on Meijer Free Tuesdays and Meijer Free Thursday Nights! The gift supports free admission for the public from 10 a.m. to 5 p.m. each Tuesday and free general admission Thursday Nights from 5-9 p.m. through 2016, encouraging new and returning visitors to explore the galleries and take advantage of tours and other programs the museum offers on these dates.

GVSU FARMER'S MARKET

OPENING JUNE 4

Sustain your health with wholesome food.

Buy Local

Mark your calendars to visit the farmers market this summer. The market opens **June 4, 2014** and will continue through September.

Every Wednesday 10-1:30 p.m. Parking Lot G



Summer Grill Challenge

Facilities services and staff are firing up the grills to compete for the best recipe. Sign up now to participate in the Summer Grill Chal-



Can't make it to the Allendale Campus Farmer's Market?
Check out these local farmer's markets in your area!

Grand Rapids Area

- > Fulton Street Farmer's Market (fultonstreetmarket.org), Days/Hours: Tuesday, Wednesday, Friday, Saturday 8-3pm, Thursdays, 4-7pm
- > David D. Hunting YMCA Farmer's Market, Days/Hours: Thursday, 3-7pm
- > Downtown Market (<http://downtownmarketgr.com/>) Days/Hours: Tuesday & Saturday, 8-1pm, Thursday, 4-7pm

Holland Area

- > Holland Farmer's Market (<http://www.hollandfarmersmarket.com/>) Days/Hours: Wednesday & Saturday, 8-4pm

Kentwood Area

- > Metro Health Farm Market, Days/Hours: Thursdays, 9-2pm

Rockford Area

- > Rockford's Farmer's Market (<http://rockford.mi.us/farmMarket.html>) Days/Hours: Saturday 8-1pm

Muskegon Area

- > Muskegon Farmer's Market (<http://www.muskegonfarmersmarket.com/about/>) Days/Hours: Tuesdays, Thursdays, and Saturdays 6-3pm

Healthy Choices Wellness Program-Next Steps

May 31st has passed and you completed your online health Assessment and biometric Screen, congratulations, you earned \$100 toward your rewards! Now what? This June, Priority Health will be calling faculty and staff who presented opportunities for health improvement on their health assessment and biometric screen to engage with a health coach. Faculty and staff who engage with a coach who completed the Know Your Numbers components (HA and screen) are eligible for an additional \$100 into their Health Savings Account or paycheck.

Faculty and staff who presented no health risks from the health assessment and biometric screen will receive \$100 for actively managing health risks without coaching. However if you would like to connect with a coach, please call the 1-800 number on the back of your insurance card.

Review complete details by logging into the online portal and clicking on the Active Management of Health Risks tab.



Healthy Grilling Recipe: Great Grilled Asparagus

Ingredients

1 lemon, zested and juiced
Kosher salt
2 pounds asparagus
2 tablespoons olive oil
Freshly ground black pepper
1/4 cup balsamic vinegar



Directions

In a small pan, over medium heat, add the vinegar, zest and juice of the lemon and a pinch of salt. Bring to a simmer and let the mixture reduce until it becomes syrupy, about 10 minutes.

Meanwhile, warm a grill pan over medium-high heat. Wash and trim the ends of the asparagus. Toss the asparagus lightly with olive oil, and season with salt and pepper, to taste. Grill asparagus 5 minutes, then flip and grill until slightly blackened on both sides, about 4 minutes more. Transfer the asparagus to a serving platter, drizzle with balsamic syrup and serve.

Read more at: <http://www.foodnetwork.com/recipes/sunny-anderson/great-grilled-asparagus-recipe.html?oc=linkback>

2014-2015**Building Representatives**

Alex Jacobsson 1-6248
DeVos 3rd & 4th floors

Ann Platt/ 1-2792
Janice Ponstein 1-2025
Student Service-1st floor

Becky Bakale 1-2792
Kirkhof Cntr

Bill Grimaldi 1-3859
Alumni house, Service &
Central Utilities

Carol Talsma 1-7323
Cntr of Health Sciences &
515 Michigan

Cheryl Anderson 1-3482
Manitou & Mac- C & D

Deb Rotman 1-2566
Calder, Lake Huron &
Superior, Arts cntr

Erica Baker-Bringedahl 1-7388
Seidman & Bike factory

Hollie Rago 1-3426
Honors, Connection &
Lake Michigan

Janet Potgeter 1-8531
Henry & Padnos

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Patti Eisen 1-6260
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Holland, Muskegon &
Traverse City

Vicki Helgeson 1-2630
Library-Allendale campus

Sally Vissers 1-8058
Lake Ontario Hall

Rhonda LeMieux 1-3585
Student service 2nd & 3rd floors

PSS WORKSHOP**Best Practices for Supporting Part-time Faculty at GVSU**

Wednesday, June 11th, 3-4:30
1008B L. William Seidman Center
or

Thursday, June 12th, 3-4:30
2263 Russel H. Kirkhof Center

Presented by Dana Munk, Director, Part-time Faculty Support
Discussions will focus on the role of Professional Support Staff in hiring, department orientation, administrative and teaching support, review and contract renewal, and professional development. We will draw upon the research on best practices for supporting part-time faculty and participants will work together to develop a comprehensive plan for supporting part-time faculty in your department.

Follow the link to register <http://www.gvsu.edu/seminar/>.

*This seminar has been approved for PSS non-technical development credit.

CAREER SERVICES WORKSHOP**Book Discussion:****You Don't Need a Title to Be a Leader by Mark Sanborn**

Date: June 12, 2014

Time: 12:00 p.m. - 1:00 p.m.

Location: Room 2266, Russel H. Kirkhof Center

You Don't Need a Title to Be a Leader written by Mark Sanborn.
(Facilitated by Maggie McCrystal and Kim Monaghan from Human Resources.)
What exactly is a leader? Do you consider yourself a leader? What can you do to elevate your leadership status? These questions and more are addressed in Mark Sanborn's book You Don't Need a Title to Be a Leader. Through anecdotes and philosophies, Sanborn stresses how everyone embodies leadership capabilities, yet it's what we do with them that matters.

In our next book group, we'll discuss the value of Sanborn's book, what behaviors are distinctive of a leader, and how we can better think and behave like a positive leader in our personal and professional lives. Although the discussion will be more meaningful for those who have read the book, it is not required. Also, book copies will not be provided but there are a few copies available for one (1) week at a time in Human Resources. Attendees are encouraged to bring their lunch to this program. Beverages will be provided.

**Don't forget!
June 15 is
Father's day!**



SUGGESTIONS FOR UPCOMING ISSUE

Father's day is June 15! Any special plans to celebrate with your husband, father or special person who is a father in your life? Could be a trip, meal, present, etc. Please submit to Erica by June 26.

DATES

Birthdays

2 - Jeffrey Rollins
7 - Silvia Diedrich
11 - Marilyn Vander Wilp
13 - Sharon Mikula
18 - Carrie Shoup
22 - Barb Brower
23 - Mary Van Popering

GVSU Anniversary

2 - Linda Schmidt
3 - Sharon Mikula
7 - Sheryl Nelson
10 - Dorothy Vice
16 - Molly Galloway

Wedding Anniversary

4 - Amy Duwe
4 - Angie Ryan
11 - Carrie Christian
18 - Charese Nederveld
19 - Molly Galloway
27 - Pamela Kellogg
29 - Carol Talsma

**Thinking of You
Cards: Do you know
someone who is off
work because of
surgery, illness, or
accident? Please let
Deb Barko know. She
will send a card from
our Association.**

