

APSS NEWSLETTER

August 4, 2014

Volume 5, Issue 1

2014 - 2015

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apssgvsu.org**INSIDE THIS
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This newsletter is published
monthly.For submission information
contact Erica Baker-Bringedahl
at bakereri@gvsu.edu.

Share a recipe month!

Here are some shared by your fellow APSS members.

Spinach and Feta Salad - submitted by JoAnn Boon-Shelton

1 bag baby spinach (remove stems)
 1 container roma tomatoes (cut in half)
 2 green onions (chopped, including stems)
 2 cups fresh green beans (cut into bite size pieces and lightly blanched)
 3/4 cup Feta cheese crumbles
 1 tablespoon extra virgin olive oil
 1 teaspoon balsamic vinegar
 1/4 - 1/2 teaspoon Garlic powder
 Salt & Pepper

Add the spinach, tomatoes, onions and beans to a bowl then sprinkle the feta on top.

Drizzle the extra virgin olive oil and the balsamic over the top.

Sprinkle with the garlic powder, salt and pepper.

Lightly toss everything together.

If I have fresh basil leaves on hand I like to chiffonade a couple and also add them.

Hot Dog Wrap - submitted by Danny Abbott

Something different, easy for children to eat.

Can be made up ahead of time, put in freezer, they will thaw out in about an hour, or cook them a little longer.

All you need is the following:

Jumbo Beef hotdogs, or precooked brats, (of course any hotdog will do)

10" burrito wrap (8" for regular hotdogs)

Chili for hotdogs ,(or chili no beans)

Shredded cheese, catsup, mustard optional

Fold it all in the burrito wrap (like what they do for the burrito)



Wrap it in Alum. Foil

Cook on grill for about 10-15 minutes or until hot. (or oven @ 325, for the same amount of time.)

You could even put them in the camp fire to cook.

Peel back foil to eat the hotdog.

Cowboy Slaw - submitted by Janet Potgeter

1 red bell pepper, medium dice

1 green bell pepper, medium dice

1/2 red onion diced

2 cans whole kernel sweet corn

1 can black beans, rinsed (sub red or pinto)

1/2 C chopped cilantro

1/4 cayenne pepper

1/2 tsp. red pepper flake

Dressing:

1/3 C red or rice wine vinegar

1-1/2 T honey or agave

Juice of 1/2 lime

Salt & pepper to taste

Mix all the veg and dressing. Refrigerate for a few hours or overnight. You can stretch the recipe by adding another can of rinsed beans. Options: add a finely chopped jalapeno (seeded).

Seafood Summer Salad - submitted by Diane Deryke

Use radiatore noodles (sometimes called pasta ruffles) 16 oz box

2 pkgs of imitation crab (flakes rather than logs)

1 pkg of salad shrimp (frozen section)

1 can of water chesnuts

1/8 to 1/4 cup of onion

1/2 cup of chopped celery

Half mayonnaise and half miracle whip salad dressing (to moisten or to taste)

Cook noodles, add all ingrediants, moisten with the salad dressing until desired moisture. Chill

Bean & Barley Salad - submitted by Suzanne Rogers

Ingredients

3/4 cup quick-cooking barley

1 can (16 ounces) kidney beans, rinsed and drained

1 can (15 ounces) black beans, rinsed and drained

1 can (11 ounces) whole kernel corn, drained

1 large sweet red pepper, finely chopped

6 green onions, chopped

1/3 cup minced fresh cilantro

DRESSING:

2/3 cup olive oil



1/3 cup red wine vinegar
 2 garlic cloves, minced
 1-1/2 teaspoons chili powder
 1/2 teaspoon salt
 3/4 teaspoon ground cumin
 1/4 to 1/2 teaspoon crushed red pepper flakes
 1/4 teaspoon pepper

Directions

Prepare barley according to package directions. Transfer to a large bowl; stir in the beans, corn, red pepper, onions and cilantro. In a small bowl, combine the dressing ingredients. Pour over salad; toss to coat. Chill until serving.

Yield: about 12 servings (3/4 cup each).

Shrimp and Pasta Salad - submitted by Jean Kolb

A tasty salad made with angel hair pasta, shrimp, bell peppers, and more.

INGREDIENTS

14 ounces angel hair pasta (or bow tie)
 1 bunch green onions, sliced (6 to 8)
 1 (about 4 ounces) can sliced black olives
 1 red bell pepper, chopped
 1 yellow bell pepper, chopped
 1/2 green bell pepper, chopped
 1 pound cooked and peeled shrimp
 2 chicken breast halves, grilled and coarsely chopped
 Optional - use bow-tie pasta, add slightly blanched asparagus pieces instead of gr. Pepper

Dressing:

1/4 teaspoon dried leaf oregano
 1/4 teaspoon cumin
 1/4 teaspoon paprika
 1/4 teaspoon ground black pepper
 1 tsp garlic pwd. or 2 garlic cloves pressed
 dash salt
 2 tablespoons+ fresh lemon juice
 3 tablespoons mayonnaise
 (+ 3 Tbsp. Sr. cream - optional)
 1/2 cup olive oil

PREPARATION:

Boil pasta according to package directions; drain and let cool. Add green onions, bell peppers, black olives, shrimp and chopped chicken. Mix dressing ingredients; pour over salad. Refrigerate, and serve cold. Make this salad a day ahead. Serve on romaine lettuce leaves with sliced avocado or melon on the side. Shrimp salad serves 10 to 12

Mediterranean Quinoa Salad - submitted by Pamela Hart

Ingredients:

2 cups water
 2 cubes chicken bouillon
 1 clove garlic, smashed

1 cup uncooked quinoa
 2 large cooked chicken breasts - cut into
 bite size pieces
 1 large red onion, diced
 1 large green bell pepper, diced
 1/2 cup chopped kalamata olives
 1/2 cup crumbled feta cheese
 1/4 cup chopped fresh parsley
 1/4 cup chopped fresh chives
 1/2 teaspoon salt
 2/3 cup fresh lemon juice
 1 tablespoon balsamic vinegar
 1/4 cup olive oil



Directions:

1. Bring the water, bouillon cubes, and garlic to a boil in a saucepan. Stir in the quinoa, reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, 15 to 20 minutes. Discard the garlic clove and scrape the quinoa into a large bowl.
2. Gently stir the chicken, onion, bell pepper, olives, feta cheese, parsley, chives, and salt into the quinoa. Drizzle with the lemon juice, balsamic vinegar, and olive oil. Stir until evenly mixed. Serve warm or refrigerate and serve cold.

Summer Sub - submitted by Becky Bakale

1 loaf unsliced French bread
 3 oz. Cream Cheese-softened
 8 slices fully cooked ham
 6 slices-cooked bacon
 6 slices provolone cheese
 1-4 oz. can sliced mushrooms

Toppings: Shredded lettuce, tomatoes, peppers, olives, etc.

Cut loaf-horizontally. Open and spread bottom half with crème cheese, top with ham, bacon, cheese and mushrooms. Lay on cookie sheet (open face) until cheese is melted.

I like to add the toppings (lettuce, tomatoes, etc) after heated.

Close sub and brush with melted butter and mix in some parmesan cheese.

Meatless Taco Salad - submitted by Becky Bakale

2 cans corn-drained
 Choose 2 colors of peppers-green, red or orange-cut up and use half of each
 1/2 cup red onion
 8oz. cheddar cheese
 1 cup mayo-I also add 1/2 teaspoon of taco seasoning into the mayo
 Add when ready to serve:
 Chili cheese Fritos-crushed

ENJOY!

APSS UNION NEWS

Professional Support Staff (PSS) Scholarship Endowment

The Professional Support Staff (formerly COT work group) Scholarship was endowed started October 14, 1996. The endowment has since awarded scholarship money to 142 beneficiaries, including 18 for the 2014-15 academic year. It is available to children and grandchildren of current PSS employees, Confidentials, and retirees. The application process is open from October 1 – March 1. Please visit <http://www.gvsu.edu/financialaid/scholarships-157.htm> for more information about applying for this and other scholarships.

The PSS Scholarship Endowment was started by the generosity of members, retirees and supporters of the PSS (formerly COT). Please continue this tradition of supporting PSS members' families with your contribution. Visit www.gvsu.edu/giving, and look under Areas to Support, and Endowment to find this fund.

Note from the board

Mary Ann Bramer passed away Friday, July 25. Mary Ann was a secretary in the Psychology department, and then served the Physics and Geology departments for over 10 years before retiring in early 2006. Please keep her husband Dale and her family in your thoughts during this trying time. Memorial gifts may be sent to the Alzheimer's Association or the Steve Winfield Evangelistic Association.

HEALTH AND WELLNESS

Couch to 5k Training

Date: Every Thursday beginning August 7, 2014 1:15 PM - 2:00 PM

Location: Kelly Family Sports Center

Train your way from the couch to a 5K run or walk! Participants will receive training plans and accountability to build their stamina to run or walk the GVSU Family Weekend 5K September 27.

For more information please visit: <http://www.gvsu.edu/seminar>

Faculty & Staff Group Exercise

Registration opens for fall 8 week series Monday, August 4

Ever wanted to try SPINNING, Yoga or strength training? A variety of fitness classes are open to GVSU faculty, staff and family members each Fall, Winter, and Spring/Summer. Two sessions are offered each semester.

Session 1: September 2-October 24 (Registration open 8am August 4-August 29)

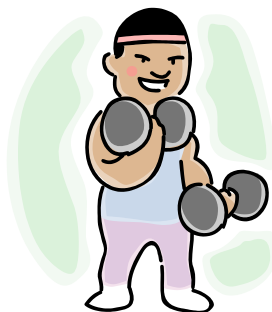
Session 2: October 27-December 19 (Registration open 8am October 6-October 24)

[Review complete schedule and pricing here.](#)

All activities listed above are eligible for [the Healthy Choices Wellness program](#) quarterly activities.

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Work Life Webinars

FREE for faculty and staff.

WHERE'S MY
LUNCHBOX?

Family readiness for the
start of the school year

Aug 19

12 pm, 2 pm ET

Getting Involved With Your Child's School

Along with the notebooks, pens, and a new backpack, your kids need parental involvement to succeed in school. Learn effective ways to be a part of your child's school experience.

<http://www.gvsu.edu/cms3/assets/747AFBFD-E778-4800-BB3CB1D437769AFE/2014encompasscalendar.pdf>

Health Coaches on Campus

Date:

Tuesday, August 12, 2014 2:00 PM - 8:00 PM Facilities Services Building Conference Room C

Thursday August 13 DeVos Room 488C 7am-1pm

I know what I should do to get and stay healthy but finding motivation and support is

hard. Free, voluntary and confidential health coaching services available for all benefit eligible faculty and staff.

Develop personal wellness goals and action plans and review weekly progress.

-Day and evening hours available

-Start and stop anytime

Register for your 30-minute appointment now by logging in to priorityhealth.com, clicking the "Your events" box on the right side of the page, clicking the "Wellness event schedule" link and selecting the upcoming event you'd like to register for. *Please note, the onsite coach may be different than one you may have already engaged with over the phone.*

Questions? Contact Customer Service by calling the phone number on the back of your ID card.

We're available Monday through Thursday 7:30 a.m. - 7 p.m., Friday 9 a.m. - 5 p.m. and Saturday 8:30 a.m. – noon (Eastern Time). Or go to priorityhealth.com and click on "Contact us."

[Healthy Choices eligible activity](#)

**2014-2015
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Janice Ponstein 1-2025
Student Service-1st floor

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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
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Honors, Connection &
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Library-Allendale campus

Sally Vißers 1-8058
Lake Ontario Hall

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

OPEN
DeVos 3rd & 4th floors

FYI

**FALL SEMESTER STARTS
AUGUST 25**

**Faculty/Staff Picnic is Tuesday, August 19 at the Great
Lakes Plaza**

**SAVE THE DATE
APSS Luncheon - October 16
PSS Appreciation Luncheon - March 12**

SUGGESTIONS FOR UPCOMING ISSUE

Are you or is someone in your life going off to college for the first time? If so, I am looking for photos and a blurb about your special someone to put in the September newsletter. Please submit to [Erica](#) by August 25.

DATES

Birthdays

- 12 - Jalyn Kamp
- 16 - Sarah Pepper
- 12 - Charese Nederveld
- 25 - Ronda Huster
- 26 - Pat Cox
- 27 - Jacqueline Adams
- 27 - Alex Jacobson
- 28 - Julie DeVecht

GVSU Anniversary

- 3 - Nancy Moseler
- 3 - Cheryl Anderson
- 4 - Lorna Siler
- 7 - Barbie Young
- 18 - Jeffrey Rollins
- 21 - Joanie Hodson
- 22 - Sara Sabo
- 25 - Jalyn Kamp
- Pamela Hart
- Darrhonda Scott-Jones

Wedding Anniversary

- 4 - Chris Borda
- 6 - Dawn Nagelkirk
- 6 - Lori O'Bradovich
- 10 - Linda Rettig
- 12 - Michelle Hodde
- 18 - Pamela Hart
- 19 - Cheryl Anderson
- 21 - Shawn Evans

**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.**

