

APSS NEWSLETTER

January 5, 2015

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2014 - 2015

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Since we had no snow in December the GVSU offices had to get creative.

Anna Platt shared some snowflake photos from the Records office.

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This newsletter is published monthly.

For submission information contact Erica Baker-Bringedahl at bakereri@gvsu.edu.



Anna also shared photos of Matt Allore's snowflakes from the Financial Aid office.



Erica Bringedahl's office got into the snowflake decoration theme with a Frozen touch.



Countdown to Super Bowl Sunday Recipes

Super Bowl XLIX is February 1 on NBC

Cheese and Bacon Potato Rounds

Ingredients

4 baking potatoes, cut into 1/2 inch slices
1/4 cup melted butter
8 slices bacon - cooked and crumbled
8 ounces shredded Cheddar cheese
1/2 cup chopped green onions

Directions

Preheat oven to 400 degrees F (200 degrees C).

Brush both side of potato slices with butter; place them on an ungreased cookie sheet. Bake in the preheated 400 degrees F (200 degrees C) oven for 30 to 40 minutes or until lightly browned on both sides, turning once.

When potatoes are ready, top with bacon, cheese, and green onion; continue baking until the cheese has melted



Homemade Baked Chips (Tortilla or Pita)

Ingredients

10 -12 flour tortillas
vegetable oil (or spray)
Spices

Directions

Cut tortillas into 8 wedges.

Brush or spray baking sheet with oil.

Arrange tortilla wedges in a single layer on the baking sheet and brush or spray lightly with oil. Sprinkle with seasonings: salt or seasoned salt, chili powder, cinnamon sugar, etc.

Bake at 325 until crisp and lightly browned, approximately 10 minutes.



HEALTH & WELLNESS WORKSHOPS

Healthy Choices Program for 2015

Registration is now open for the 2015 Healthy Choices program for all benefit eligible faculty, staff and spouses. Potential to earn up to \$500 in your Health Savings Account or paycheck.

NEW for 2015!

Spouses and enrollees of the household member program who participate in “Know Your Numbers” and Active Management components are eligible to receive up to \$200.

Enhanced tracking for all your healthy choices activities at www.priorityhealth.com



New Winter Event Guide

MINDFULNESS series, Run/Walk group, Group Exercise, Financial IQ challenge, Healthy Cooking demos and MORE!

Kick start your 2015!

Don't miss out on all that Human Resources has to offer.

Review our Winter Event Guide to find leadership, development and health and wellness programs and resources that fit your lifestyle.

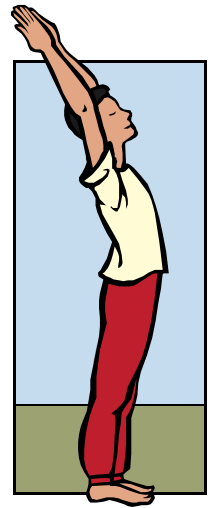


Faculty and Staff Group Exercise

Get a head start on your fitness for 2015. Faculty and staff group exercise registration are still open for January sessions! Check out the schedule and register today!

NEW class pricing structure!

- > Each 8 week class is \$20. Sample: Yoga on Tuesdays for 8 weeks= \$20 and Straight Up Strength on Thursdays for 8 weeks= \$20
- > A new shopping cart feature allows participants to pick and choose classes.



HR WORKSHOPS

Professionalism Counts

Monday, January 26, 2015 from 2-4 p.m. Kirkhof Center 1142

Does professionalism really matter? Does it have any bearing on how successful you are or can be? This 2 hour interactive workshop will explore the many facets of professionalism and their importance to your career. Invest in yourself by attending this fun and informative program covering professional communications, the importance of presentation and deliver and constructive approaches. Presented by Kelley Monterusso.

2014-2015**Building Representatives**

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 &
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Erica Baker-Bringedahl 1-7388
Seidman & Bike factory

Hollie Rago 1-3426
Honors, Connection, Zumberg &
Lake Michigan

Janet Potgeter 1-8531
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Joyce Sullivan 1-3730
AuSable

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Patti McCarthy 1-6751
DeVos 1st & 2nd floor

Roxanne Mol 1-2495
Mac- A & B

Sandra Jennings 1-8800
Fieldhouse

Jacquelyn Abeyta 231-995-1858
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

Patrick Perry
DeVos 3rd & 4th floors

Members Relations Team
Cheryl Fischer-Chair 1-3000

Michelle Duram 1-3298

Vicki Helgeson 1-2630

UNION NEWS

Happy New Year!



Membership news....

If you find yourself planning a medical leave, or if you are suddenly thrust into one, you may have your union dues suspended for the duration of your short- or long-term leave. The APSS Constitution, section 3.11 reads: “Upon notification of the Membership Director, Union dues are waived once a member begins short-term or long-term disability.” You are required to notify the Membership Director, Janet Potgeter, at potgetej@gvsu.edu of the dates you will be on disability. Any dues taken before notification cannot be reimbursed to you. If you have any questions they can also be emailed to potgetej@gvsu.edu.

Best wishes for a wonderful 2015!

FYI
Winter semester starts January 5

SAVE THE DATE
PSS Appreciation Luncheon - March 12

SUGGESTIONS FOR UPCOMING ISSUE

Are you planning anything for Valentine’s Day? Do you have any recipes or date tips to share? Please submit to [Erica](#) by January 28.

DATES

Birthdays

- 1 - Judy DeBoer
- 2 - Robin Burris
- 4 - Hollie Rago
- 11 - Joyce Sullivan
- 16 - Barb Hackley
- 18 - Rebecca Bakale
- 20 - Vicki Wenger
- 22 - Sheryl Nelson
- 27 - Keesha Hardiman

GVSU Anniversary

- 2 - Danny Abbott
- 5 - Craig Hammerlind
- 10 - Bonnie Hudson
- 12 - Erica Baker-Bringedahl
- 13 - Diana DeRyke
- 18 - Sandra Briggs
- 26 - Tracy McLenithan
- 28 - Doriana Gould
- Cheryl Fischer
- Robin Burris
- Marilyn Vander Wilp
- Mary Ann Holcomb
- Tina Lee
- Bev Nyhuis
- Rebecca Bakale
- Michelle Holstege

Wedding Anniversary

- 10 - Barb Hackley

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.

