

APSS NEWSLETTER

March 2, 2015

Volume 5, Issue 8

2014 - 2015

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This newsletter is published monthly.

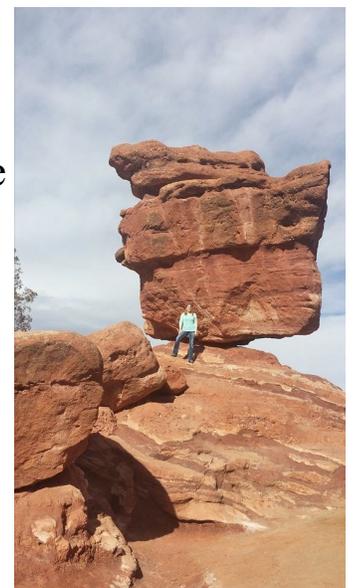
For submission information contact Erica Baker-Bringedahl at bakereri@gvsu.edu.



I hope everyone enjoys their upcoming Spring Break! I will still be working, but it will be nice to have a quiet week. If you are traveling somewhere warm please bring some back for us!

Katie Humphrey - In early February I spent a week visiting friends in Colorado. We spent a few days relaxing at their home Colorado Springs, hiked through the Garden of the Gods, watched the Red Wings defeat the Avalanche on their own ice, and enjoyed a girl's weekend in Keystone and Breckenridge.

It isn't the first place you think of when you imagine a warm, sunny escape from the cold, but we did make it up to 70 degrees in Colorado Springs, and the beautiful sights and six days of sunshine provided a welcome respite from our Michigan weather!



Tribute to Chris Hernandez

This is the most submissions I have ever received for the newsletter in my 2 years working on it. It has been a joy to read the memories Chris has gave to GVSU. I truly believe this is what the newsletter is for. It is a product of what our members need. Thank you members for giving me the idea of a tribute to Chris. I always say the newsletter is what the members make of it and this was a true statement of this belief.

Chris Hernandez passed away on February 14, 2015. She worked as the Procurement Services Assistant and was an avid committee member and volunteer at GVSU. Below are memories shared by fellow co-workers and friends.



Rhonda LeMieux - When I began at GVSU, Chris was the person from the COT (at the time) Development Committee that met with me and took me out for lunch. She was so friendly and kind - just the type of person you'd want to represent the Grand Valley community. And through the years she always remembered me and would make a point to say hello if she saw me around GVSU. She was always my 'go-to' person in Procurement services whenever I had a question. She will be greatly missed!

Tracy McLenithan - Chris helped me so many times through the years. When I didn't know to do something or would get stuck in Banner while entering a requisitions, Chris would always come to my rescue. She was an amazing person and I will miss her caring attitude and her laugh.

Pamela Hart - It was always a pleasure dealing with Chris- either working on a PO or just visiting with her in the office. She had such a great attitude, and infinite patience with me if I needed a correction made or had a question. She'll be missed as a friend as well as a fellow employee...

Veda Hodges - I was very shocked to hear about the passing of Chris as I am sure most of the GVSU community was. I want to say that “even though I saw Chris a couple of times at COT/APSS events, I spoke with her often regarding financial issues and procedures. She was always patient and understanding. She really did help to make my job go smoother and she never acted as if any of my questions were unresolvable. She was definitely a special lady who will be greatly missed.”

Janet Potgeter - I called on Chris many times to get help on accounting questions and crises. She was always kind and patient. I think she enjoyed helping others very much. I will miss Chris!

Mary Spalding - I so appreciate Chris’s kindness and her unending PATIENCE with regards to training and answering payables questions. It seemed like not matter how many questions I had or how many times I would call, she always had a smile in her voice and a twinkle in her eye. Over the years I learned much about payables but equally as much by her example of being an outstanding person. She will be missed much amongst our PSS family.

Sandra Briggs - Chris was my mentor when I started at GVSU in 2010. She had such great knowledge of GVSU and all it had to offer to me as an employee. She would periodically contact me to be sure everything was okay and if she could answer any questions I may have. I last seen her at the Lake this summer in Muskegon. She was with family, as I know family meant a great deal to her.

I didn’t see her much over the last year, but I will certainly miss her presence here on campus.

Jason Osborne – Sr. Program Advisor, Disability Support Resources - As a former C.O.T./P.S.S. member, I would be honored to share a few memories of Chris Hernandez. Chris was my C.O.T. new employee mentor when I first hired into Grand Valley in June 2008. I remember feeling clueless to the workings of this university and Chris would always point me in the right direction. We would go to lunch and talk about travels and other things we enjoyed in life. She was always gently “nudging” me to make sure the department purchasing card was correctly audited monthly and quarterly, then it became a race to see if I could be the first person to submit it. Every time I saw Chris for an event on campus she would smile, and give me a hug. She was a wonderful person and, while sadly missed, provided me with guidance and fond memories of my first few years at Grand Valley.

Rita Cooper - Chris has always been my “go to” person in Procurement Services. She was always so helpful with the questions I asked. When I saw Chris

Tribute to Chris Hernandez continued

around campus, she was always quick with a smile or a “hello”. She will definitely be missed.

Joann Szyniszewski - Dear Chris, Our Christmas Cookie Exchange/ Lunch with the ladies from the PAC and CAC will miss you very much!” “And for me, I will truly miss our monthly lunch dates!! Chris would always make sure we set the next month’s lunch date before we ended the current one, making sure we set time for ourselves.”

Jody Tenchinck - Chris and I met 5 years ago when I first began working in the Accounts Payable department. It took no time at all to become fast friends as we had a lot in common. I had no idea just how special she would become to me.

I was so looking forward to working alongside Chris in the Procurement Services department. I joined her department in September. For reasons unknown to us God had a better plan in place. I trust in his plan and try my best not to question it, but to push myself to be all that Chris had expected of me. That is the very least I can do for her.

Thankfully, the last couple of months were the most beautiful and important in our friendship. I walked the journey hand in hand with my dear friend. We laughed, cried, talked about family and those we love. She was truly overwhelmed by the care and love shown to her by the Grand Valley “family”.

Chris will always be lovingly remembered...thought of daily...missed deeply and will hold a special place in the heart of those who were fortunate enough to call her FRIEND.

Recipes from Chris Hernandez

Sunflower Seed Cookies

Ingredients

1 cup butter, softened
 1 cup sugar
 1 cup light brown sugar, packed
 2 eggs
 1 teaspoon vanilla
 2 cups all-purpose flour
 1 teaspoon baking soda
 1/2 teaspoon baking powder
 1/4 teaspoon salt
 2 cups old fashioned rolled oats
 1 cup flaked coconut
 1 cup sunflower kernels, roasted

Instructions

1. In a mixing bowl combine butter and sugars until light and fluffy; add eggs and vanilla and combine. 2. In a separate bowl, combine the flour, baking soda, baking powder, and salt. 3. Add flour mixture to the butter mixture and mix until well combined. 4. Stir in oats, coconut, and sunflower kernels. 5. Drop by rounded tablespoons onto ungreased baking sheet. 6. Bake at 350 °F for 8-11 minutes or until cookies are lightly browned around the edges. 7. Allow cookies to cool for about 1 minutes on the cookie sheet, then move cookies to a cooling rack and allow to cool completely.

Details

Prep time: 10 mins
 Cook time: 10 mins
 Total time: 20 mins
 Yield: approx. 4 dozen cookies

Almond Joy Cookies

Ingredients

1 cup salted butter, softened
 1 1/2 cups white sugar
 2 eggs
 2 1/4 cups flour
 1 tsp baking soda
 1 tsp salt
 2 1/2 cups sweetened shredded coconut
 1 1/2 bags chocolate chips (3 cups)
 2 cups peeled, slivered almonds

Instructions

1. Preheat the oven to 350 F, and prepare two sheet pans with parchment or silpats. 2. In a mixing bowl, cream together the butter and sugar until creamy. 3. Add the eggs and beat until creamy. 4. Meanwhile mix the dry ingredients together in a separate bowl. 5. Add the dry ingredients to the mixing bowl and stir until you have a thick cookie dough. 6. Add the coconut, chocolate chips and almonds and mix until well combined. 7. Scoop the cookies onto the sheetpans and bake at 350 for about 10 minutes. (when you take the cookies out they should still be a bit doughy looking in the middle - they will stiffen up)



HEALTH & WELLNESS WORKSHOPS

March is national nutrition month!

[America, please eat more fruits and vegetables.](#)

Priority Health Diabetes Prevention Program

Led by a certified lifestyle coach, the program teaches you about topics including nutrition and stress reduction. You'll also track your food intake and physical activity. Best of all, you'll work with the coach and other participants to overcome obstacles. This program qualifies for the GVSU Healthy Choices wellness program Quarterly Activity and Active Management components.

COOKING DEMOS AT GVSU-register online at www.gvsu.edu/sprout



Cooking Demonstration: Sauces of Italy

February 26, 2015 12:00 PM - 1:00 PM

Learn the ins and outs of cooking basics for fresh, healthy and nutritious meals. Watch and learn from Registered Dietitian, Dawn Davies and taste test the results! Presented by the Kent County Health...



Cooking Demonstration: Salad as a Meal

March 26, 2015 1:15 PM - 2:15 PM

Learn the ins and outs of cooking basics for fresh, healthy and nutritious meals. Watch and learn from Registered Dietitian, Dawn Davies and taste test the results! Presented by the Kent County Health...



Cooking Demonstration: Fresh, Fast, & Fabulous

April 30, 2015 1:15 PM - 2:15 PM

Learn the ins and outs of cooking basics for fresh, healthy and nutritious meals. Watch and learn from Registered Dietitian, Dawn Davies and taste test the results! Presented by the Kent County Health...



Cooking Demonstration: Fresh, Fast & Fabulous

May 21, 2015 12:00 PM - 1:00 PM

Learn the ins and outs of cooking basics for fresh, healthy and nutritious meals. Watch and learn from Registered Dietitian, Dawn Davies and taste test the results! Presented by the Kent County Health...

New Fresh Produce Delivery Pilot Program at CHS

Register week of April 27th. Program starts week of May 4th

Competition Nutrition is a six-week program that encourages you to eat healthier. You'll earn points for eating fruits and vegetables while receiving educational tips and healthy recipes along the way. Whether you want to lose weight, improve your health or have some friendly competition with your co-workers, this challenge is for you! Register online at www.gvsu.edu/sprout

Meet with a Health Coach

One on one telephonic coaching is available to benefit eligible GVSU faculty, staff and spouses at no cost to the member. Topics range from weight and stress management to nutrition. Members contact their provider directly and set goals to accomplish desired behavior changes. Qualified Health Coaches help direct and provide resources to help members meet their goals in a confidential and personalized manner.

Priority Health members sign up now by emailing ph-healthcoachteam@priorityhealth.com or calling the 1-800 number on the back of your insurance card.

HR WORKSHOPS

Career Coompetencies 101

Monday March 9 from 12 – 2 p.m. Richard M. DeVos Center 302E

This “boot camp” style workshop challenges attendees to honestly assess their career competencies quotient. The program is designed to inspire professionals to abort “blame,” mitigate counterintuitive thinking, accelerate potential and activate a strategic plan for improving Performance, Professionalism, “Promotability,” and Personal Accountability. Presented by Kim Monaghan, Human Resources Career Services for Faculty and Staff.

Young Professionals Going From "Today" to "Tomorrow"

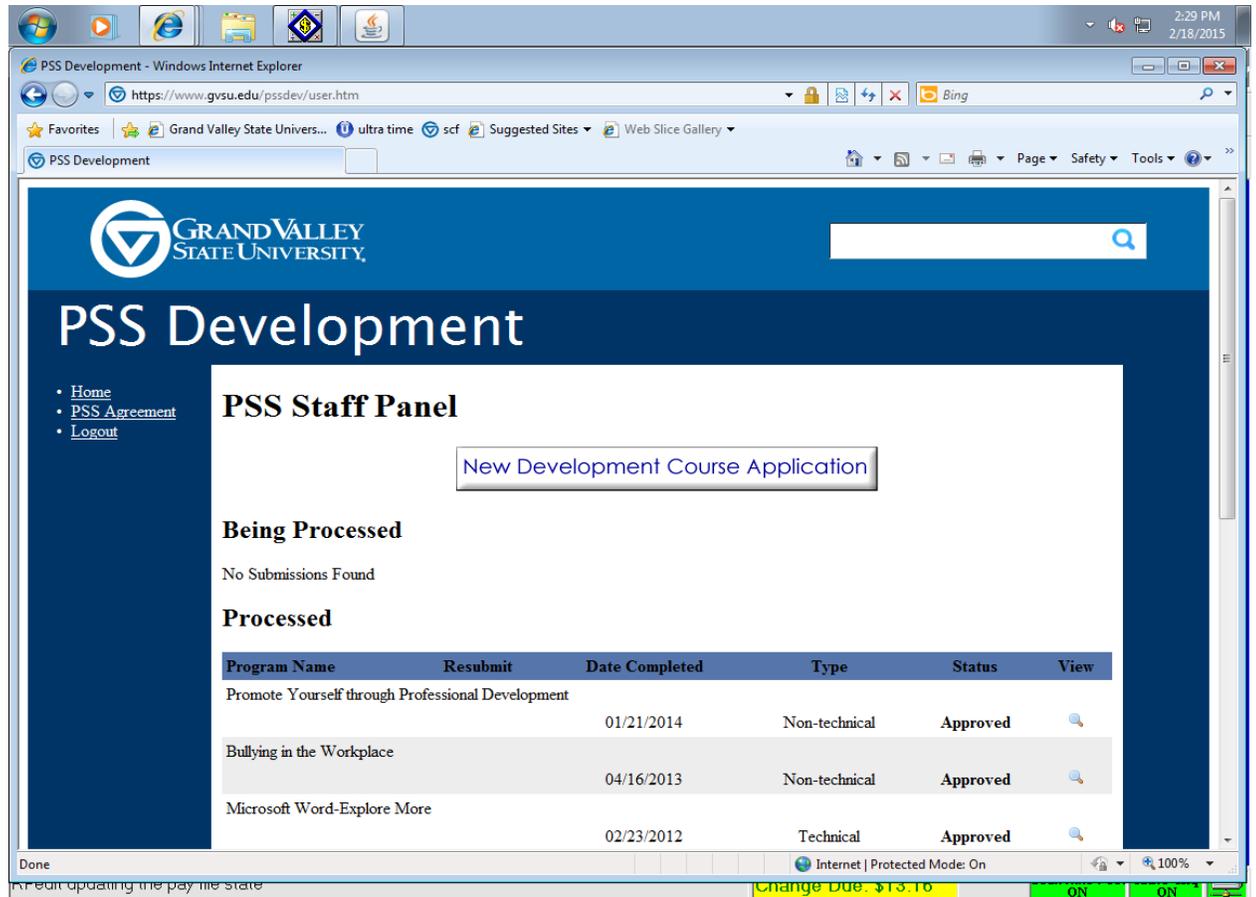
March 17, 2015 - 7:30 to 8:30am UClub – Richard M DeVos Center

A Networking Event with Higher Education Leaders. This interactive session will allow young professionals to engage in meaningful dialogue with leaders in higher education from the West Michigan area. Seek advice about career goals that will hopefully leave you feeling more informed and energized about your future.

UNION NEWS

PSS Development Credit

Log into the PSS development screen to track your status-See below



If you have reached the top step in the pay scale you are eligible for 2.5% development pay if you have completed one approved development program within the past 3 years. It can be either technical or non-technical. If you have received the 2.5% for 11 years, then you get 3.5% increase with two additional programs along with the one (total of 3) with at least one of the three being a technical class. Ex: two non-technical and one technical.

If you attend a seminar/program and it does not indicate a development credit you can apply for credit by logging into the above screen and click on the “New Development Course Application”

UNION NEWS CONTINUED

The union would like to thank Ann Platt for her 17 years of service at GVSU and her 15 years of serving in the union. We very much Appreciate Ann for her devotion and support through the years. We wish Ann well as she retires on March 17. See below for a note from Ann.

A thank you also goes to Roxanne Mol for representing the members in MAK A & B areas. Thank you for your devotion and service to the union!



March 17 my ("born lucky" birthday) will be my last day here at GVSU and I would like to thank all the GVSU employees who have befriended, trained, and worked with me for the last 16 1/2 years.

When I started my job here, I had no experience about college life, programs or careers...I just knew how to cash checks and smile at people. What a wealth of experience I have received here!! So many laughs, so much growth in technology and personal life... I could NOT have done it without a strong union presence. I encourage everyone to get involved with each other in this association. This newsletter is the best medium for connecting together - thank you, Erica for doing such a great job!

Thanks for the memories!



Ann Platt

CAMPUS NEWS



Bookstore Spring Break Sale!

Come into University Bookstore during Spring Break and shop the sale racks!! We will be having a warm and sunny sale which is an extra 50% off all clearance items !!

2014-2015

Building Representatives

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
Mac- A-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, Zumberg &
Lake Michigan

Janet Potgeter 1-8531
Henry & Padnos

Joyce Sullivan 1-3730
AuSable

Kennedy, Eberhard, Ferguson
OPEN

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

Sandra Jennings 1-8800
Manitou & 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

FYI
Spring break - March 1-8

SAVE THE DATE
PSS Appreciation Luncheon - March 12
Register on Sprout for the luncheon

SUGGESTIONS FOR UPCOMING ISSUE

Think spring! Any gardening tips and tricks to share? Please submit to [Erica](#) by March 27.



DATES

Birthdays

- 5 - Bob Kozminski
- 9 - Deborah Bell
- 9 - Linda Schmidt
- 10 - Maria Jaramillo-Gonzalez
- 13 - Jay Zink
- 14 - Danny Abbott
- 17 - Ann Platt (Happy retirement Ann!)
- 18 - Robyn Toth
- 19 - Jennifer Glaab
- 20 - Annukka Thelen

GVSU Anniversary

- 1 - Ashley Riley
- 1 - Angie Ryan
- 9 - Cherilyn Denomme
- 16 - Karen Martin
- 18 - Shelly Micho
- Michelle Duram

Wedding Anniversary



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.