

APSS NEWSLETTER

April 1, 2015

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2014 - 2015

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This newsletter is published monthly.

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



JoAnn Boon-Shelton - My gardening tip is...hire a gardener :)

Tonya Brown - Here's a little office recycling/gardening tip you might want to try. I take the bags of waste from our paper shredder home each spring and use this as mulch on our garden. We pile the shredded paper around the base of our plants and then wet it down thoroughly. This helps to keep the paper from blowing around but also, once it is dry, it becomes a semi-hard shell that protects the young plant stems. It breaks down nicely and costs nothing.

Mary VanPopering - Coffee grounds can be used as a natural mulch and to repel insects from plants.

Janet Mills - Anyone needing horse manure can get all they want from me!

Brenda Rygg - Toilet paper rolls make great starter containers and then you can just plant them right in the ground.



Spring Recipe

Strawberry Spinach Salad

Ingredients

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
- 1 quart strawberries - cleaned, hulled and sliced
- 1/4 cup almonds, blanched and slivered



Instructions

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.



Update from Chris Hernandez's family

To Chris Hernandez Family at Grand Valley State University:

Our family would like to thank everyone for all the generosity, kindness, prayers and thoughts. During Chris's illness, we could never ask or expect the level of support that she received from everyone at the university. We were floored by HR personnel coming over to her residence to explain everything that was going on with her short term disability.

Also from her department, bosses and co-workers, that came over with food, sent over flowers, plants, gift cards and more. The level of kindness was above anything we have seen by any place of employment. Chris was a special person to all of us. We are overwhelmed by how she touched everyone's lives in her own way. Whether this is the food that she cooked and brought in to work or just sharing the moment with a cup of coffee in the morning.

For all the friends that came out to her service at St. Isidore's, we hope that you were able to see some of the joy she provided in the pictures that were displayed. Thank you all for coming out on such a cold wintery day. St. Isidore's has not seen this type of a turn out in a very long time. We never knew that Chris touched so many people at the University. Thank you All for your shared memories and for such affection shown before and after the service. If we did not meet all of you, we apologize. It seems that everyone wanted to share and there just wasn't enough time. The flowers at the service were beautiful, just like Chris.

Special thanks for finding a home for her 2 cats, Cry-Baby and QB. Also, thanks to the Row team for shoveling the snow off Chris's parking area at home. Thanks to her department for the donation provided to pay for the luncheon after the service. Thanks for the students who picked up the elliptical exercise machine and the offer to help move any other items. We are sure we are missing additional thanks to others and for other kindness that was shown but know, Chris was truly blessed to have a family at GVSU.

We know that Chris would never accept all the attention from everyone since she was the type of person that wanted to provide for others. GVSU provided Chris with more than just work and a good environment. GVSU provided family, friends, contentment, gratification and so much more. Knowing this, our family is forever thankful.

The sadness of our loss has been eased with the knowledge of how well you have taken care of Chris for the last 10 years. God Bless.

HEALTH & WELLNESS WORKSHOPS

Active Commute Week

Get a head start on the spring tune up on the bike and on how to ride safe!
FREE BIKE TUNE UPS APRIL 8th!

Active Commute Week is May 11-15, 2015. Join GVSU's team in the Commuter challenge or consider participating in a bike train on bike to work day, Friday May 15th.



Competition Nutrition

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

VetNet Ally Training

Tuesday, April 14 from 9 - 11 a.m., Kirkof Center 2266

Tuesday, April 14 from 2 – 4 p.m., Richard M. DeVos Center UClub

Please join us as we learn more about student veterans and how to better serve them. With a student veteran population approaching 600, the number of Grand Valley students with prior military service continues to increase! Presenters include Steven Lipnicki, Assistant Dean of Students. For more information on the Veteran's Network, please visit www.gvsu.edu/veterans. This class is approved for a Non-Technical credit.

UNION NEWS

APSS Elections Goes Hi-tech with Online Voting!

Gone are the days of a 2 hour election window where you have to go to your Building Representative (who is hopefully in the same building as you) and cast your ballot. New this year for our annual APSS elections we will utilize a program called Ballot Bin. Going electronic will allow us the opportunity to meet the needs of our off shift members.



The timeframe of the election will be from 7 a.m. – 11:59 p.m. Tuesday, April 21. You will receive an email generated by Ballot Bin – with Michelle Holstege as the sending party. Once you receive the email, and the polls are open you can then follow the “Click Here To Vote” link or go to ballotbin.com and paste in your election code. You can vote from home or work. The system will recognize once you have cast your ballot and will not allow you to vote a second time. Once the election has concluded the results will be tallied and the Election Chair can print a report detailing the results. This system is completely confidential. There will not be a way to determine who voted for a specific candidate. Please remember to vote on April 21st! Your Building Representatives have step by step instructions that they can send electronically to each member in their building.

If you have any questions regarding the new process please feel free to contact your Election Chair, Michelle Holstege at 331-3845 or at holstegm@gvsu.edu.

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

CAMPUS NEWS

Retirement Party for Doriana Gould

Doriana Gould, Academic Department Coordinator, is retiring April 30th. She has been at GVSU for 41 years! Her Retirement Party will be held in the Thornapple Room in KC on Thursday, April 16th from 4:30-6:00 p.m.

History Department bouncing for Health

Reda DeYoung and Michelle Duram are now using stability balls instead of chairs and love it! Reda and Michelle have found they have to have proper posture to keep stable on the ball. No more backaches and 10 of the professors are also using the stability balls and loving the results...trimmer waistlines and better posture...what more can you want! The department student workers are also utilizing stability balls.



Bookstore is moving!

University Bookstore will be changing its name to GVSU Laker Store !!! DeVos Center bookstore is also changing their name. Phone numbers will be the same. We will be open in the new store in the Laker Market Place on April 13th. We will be closed for business Thursday April 9th, Friday April 10th and Saturday April 11th (closed only at the Allendale location). Please come visit us !!!

NEW NAME & NEW LOCATION

**OPENING
APRIL 13**



FYI

Winter Commencement - April 25

Winter semester ends - April 25

SUGGESTIONS FOR UPCOMING ISSUE

Anybody graduating this April? Please share a blurb about the person and a photo if possible. I would like to showcase graduates for the next newsletter. Please submit to [Erica](#) by April 28.

DATES

Birthdays

6 - Judy Conroy
8 - Diane DeRyke
9 - Leah Thomas
17 - Joanie Hodson
17 - Michelle Holstege
20 - Janet Potgeter
22 - PJ White
27 - Sara Sabo

GVSU Anniversary

9 - Judy Conroy
18 - Anita Bikowitz
18 - Kellie Knight
24 - Dan Wezeman
27 - Jacqueline Adams

Wedding Anniversary

9 - Michelle Van Nuil

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.



If you would like your birthdate, GVSU anniversary, and/or wedding anniversary published in the newsletter email Erica at bakereri@gvsu.edu.