

# APSS NEWSLETTER

June 1, 2016

Volume 6, Issue 11

2015-2016

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This newsletter is published  
monthly.

For submission information  
contact Erica Baker-Bringedahl  
at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).



# SUMMERTIME

**Craig Hammerlind** - I recently signed a contract to appear in Driving Miss Daisy at The Tibbits Summer Theatre in Coldwater Michigan where I will be playing Boolie Wertham, Miss Daisy's son! It has been thirty years since I last performed there and am very excited – even though I had to take most of my incurred vacation time to do it.... Performance dates are June 16, 17, 18, 22, 23, and 24....Come on down and see it if you have the time!

**Joyce Bodbyl** - I will be traveling to Hawaii for two weeks. I am going to share photos when I return. :)



**Denise Gross** - My parents and I are boarding a train in GR on June 1st and heading to Seattle, WA. We will spend a week with my dad's sister and some cousins I have never met. We return on June 9th. I'll send photo's after.

**Michelle Holstege** - This summer instead of our typical camping trip we will be going on a "stay-cation" in the Upper Peninsula. We will tour the UP! We will start with crossing the Mighty Mak and going up to the Soo Locks. From there we will hit Tahquamenon Falls, Pictured Rocks National Lakeshore, Kitch-Iti-Kipi (The Big Spring), and various lighthouses, historical places and museums. This time we will stay in the Central and Eastern UP – I was told the Western UP is a trip all its own!

### **Sharon Mikula is Retiring!**

I have worked in the Student Assistance Center on the Pew Campus since June 2002.

My 14 years working with students, faculty and Staff have been wonderful.

I plan to do more gardening, photography, cooking, baking (to bring to my co-workers, of course) and do more reading. I have plans to be available to assist my elderly family members and friends.

My last day is June 10th when there will be a cake reception from 3:30-5PM in the University Club.



**Cheryl Anderson** - My husband, Gary and I did an eye mission trip in Lima Peru where the team saw over 4,000 patients, fitting them with glasses. Then we took a side trip to Machu Pichu.



Guinea Pig is a delicacy in Peru!



Photo of the eye clinic

## UNION NEWS

### **When to contact your APSS Building Rep**

- Clarification on the contract
- On Probation-When can I join the APSS Union
- Concerns within your department – Office environment, harassment
- Questions on requested vacation
- Questions on Salary Continuation, short term and long term disability
- How to earn my “Development Pay”
- Ultra-time and logging the correct codes
- Questions on GVSU Policies
- If you are called to meet with your supervisor and you feel it is becoming disciplinary in nature, stop the meeting and ask for your union representative.

### **Summer Dues Reminder – There aren’t any!**

Just a reminder you have voted and the dues for the APSS are now academic year only. Dues will not be taken out of your paychecks for the pay periods between June 5th and August 13th (payroll numbers 13 – 17). Dues will start back up on August 14th. During the academic year, if your dues cannot be automatically deducted by the Payroll Department for any reason, it is your responsibility to pay your dues directly to the APSS. If this occurs, you will receive a bill from the APSS.



# Summer Recipe

## Spicy Turkey and Green Bean Stir Fry

### Ingredients

- > 1 1/2 cups basmati rice
- > 1 1/2 pounds green beans, trimmed
- > 3 tablespoons vegetable oil
- > 1/2 teaspoon sugar
- > 3/4 pound 99 percent lean ground turkey
- > 1 clove garlic, minced
- > 1 small half-sour pickle, finely chopped
- > 2 teaspoons Asian chile paste, such as sambal oelek
- > 1 cup fat-free low-sodium chicken broth
- > 2 tablespoons low-sodium soy sauce
- > 1 tablespoon dry sherry or rice vinegar (not seasoned)
- > 2 teaspoons cornstarch



### Directions

Bring a large pot of water to a boil. Stir in the rice, cover and boil until tender, about 18 minutes; drain well and keep warm.

Meanwhile, preheat the broiler. Toss the green beans, 1 1/2 tablespoons vegetable oil and the sugar on a rimmed baking sheet. Broil, stirring once, until the beans are tender and charred, about 8 minutes.

Heat the remaining 1 1/2 tablespoons vegetable oil in a large skillet over high heat. Add the turkey and cook, breaking it up with a wooden spoon, until browned, 3 minutes. Add the garlic, pickle and chile paste and cook until the garlic is slightly golden, about 3 minutes.

Whisk the chicken broth, soy sauce, sherry and cornstarch in a bowl. Add the green beans to the skillet with the turkey mixture and cook, stirring, 1 minute. Add the soy sauce mixture and cook, stirring occasionally, until the sauce thickens slightly, about 3 minutes. Serve with the rice.

Recipe can be found at <http://www.foodnetwork.com/recipes/food-network-kitchens/spicy-turkey-and-green-bean-stir-fry-recipe.print.html?oc=linkback>

## HEALTH & WELLNESS WORKSHOPS & INFORMATION



Come visit us at the [\*Farmers Market\*](#) in *Parking Lot G* every *Wednesday starting June 1 from 10:00AM - 1:30PM* and support local food vendors in collaboration with GVSU to bring fresh and wholesome food to faculty, staff, students, and community members. Our market generates profit for local farms while also providing the community with nutritional food options.

You'll see returning favorites like Hudsonville Honey and Wilson's Kettle Corn, and we'll also be welcoming new vendors like Daddy's Dough by our own MarcQus Wright! Click [\*here\*](#) to see all the 2016 Vendors.

Help us to plant the seed and **LIVE BETTER BY CHOICE.**



# HEALTHY CHOICES WELLNESS PROGRAM

April 15th  
Deadline has passed.  
Now what?

Click here for next steps

<http://www.gvsu.edu/healthwellness/healthy-choices-wellness-program-271.htm>



<http://www.gvsu.edu/healthwellness/module-events-view.htm?siteModuleId=627CDA8A-0387-2C0D-337E38A5ED4276D9&eventId=06E08E2F-9E52-D5F2-ABDF08A0C67F117B>



<http://www.gvsu.edu/campushealth/>

**2015-2016****Building Representatives**

Cheryl Bronner 1-3327  
Student Service-1<sup>st</sup> floor

Tami John 1-2350  
Kirkhof Cntr

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

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

Barb Ellis 1-8611  
Copy Center, Laker Store, &  
Kindschi

Cheryl Anderson 1-3482  
Lindsey Burns 1-2186  
Mac- A-D

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

Mark Saint Amour 1-7029  
Bike Factory  
Seidman Center

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

Janet Potgeter 1-8531  
Henry & Padnos

Joyce Sullivan 1-3730  
AuSable & Lake Huron

Autumn DeRoo 1-5936  
Kennedy, Eberhard, Ferguson

Patti McCarthy 1-6751  
DeVos 1<sup>st</sup> & 2<sup>nd</sup> 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 2<sup>nd</sup> & 3<sup>rd</sup> floors

Patrick Perry 1-6202  
DeVos 3<sup>rd</sup> & 4<sup>th</sup> floors

**Members Relations Team**  
Cheryl Fischer-Chair 1-3000

Michelle Duram 1-3298

Vicki Helgeson 1-2630

## PSS WORKSHOPS

**The following workshops are being offered by IT and are approved for technical credit:**

- > June 1 EC 513 10:00 – 12:00 Adobe Acrobat Pro DC Intro and Tagging
- > June 2 EC 513 10:00 – 12:00 Adobe Acrobat Pro DC Forms and Tagging
- > June 7 EC 513 10:00 – 12:00 MS Access 2013 Part 1
- > June 8 EC 513 10:00 – 12:00 MS Access 2013 Part 2
- > June 9 EC 513 10:00 – 12:00 MS Access 2013 Part 3
- > June 13 EC 513 10:00 – 12:00 MS OneNote
- > June 14 111 Henry Hall 10:00 – 12:00 MS Excel Part 1
- > June 15 111 Henry Hall 10:00 – 12:00 MS Excel Part 2
- > June 16 111 Henry Hall 10:00 – 12:00 MS Excel Part 3

Sign up by going to [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout).



## Important Dates

June 19 - Father's Day

June 20 - 1st 6 week classes end

June 27 - 2nd 6 week classes begin

## SUGGESTIONS FOR UPCOMING ISSUE

What do you do to celebrate the 4th of July? Is this your family reunion time or fireworks at home? Send me a blurb about your plans and a few photos to [Erica](#) by June 24.

## JUNE DATES

### Birthdays

7 - Silvia Diedrich  
11 - Marilyn Vander Wilp  
11 - Denise Gross  
13 - Sharon Mikula  
18 - Carrie Shoup  
22 - Barb Brower  
24 - Diane Zelmer  
23 - Mary Van Popering

### GVSU Anniversary

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

### Wedding Anniversary

4 - Angie Ryan  
4 - Amy Duwe  
29 - Carol Talsma

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

**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.**

