

# APSS NEWSLETTER

August 1, 2016

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2016 - 2017

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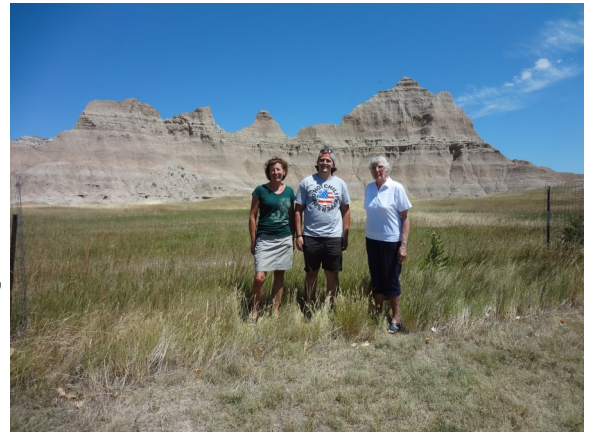
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This newsletter is published monthly.

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



**Janet Potgeter** - My mom and I drove with my son to help deliver him to school in Arizona: 2600 miles to Phoenix AZ, via Gardiner, MT. It was HOT, but we had an awesome trip! Mom and I flew home yesterday. In



the photo on the left bison creating a traffic jam in Yellowstone. He is attending MMI, Motorcycle Mechanics Institute, very impressive campus!

**Ronda Huster** - My son, Tyler Huster, will be starting GVSU in the Fall (School of Engineering) and will be living on campus.



## After School Snack Recipes

### Apple Quesadillas

Melt some butter in a skillet, then lay a flour tortilla in the pan and top with grated cheddar and thinly sliced apple on one side. Fold the tortilla in half and cook until golden on both sides. Cut into wedges.



### Nutella Egg Cream

Mix 2 tablespoons room-temperature Nutella and 3/4 cup milk in a glass. Quickly stir, then pour in 1/2 cup cold seltzer.



Read more at: <http://www.foodnetwork.com/recipes/articles/50-after-school-snacks/50-quick-snack-recipes.page-36.html?oc=linkback>

## HEALTH & WELLNESS WORKSHOPS & INFORMATION

### NEED TO SEE A DOCTOR?

Get care when and where  
you need it with MedNow.

Call MedNow at 844.322.7374 to get started or connect with a doctor using the MyHealth app.

### UNDERSTANDING THE DIGITAL CULTURE OF KIDS TODAY



Teach kids to:

1. Call it out
2. Put it down
3. Call somebody.

To find out more about how to defend your kids from online danger go to [www.protectyoungeyes.com](http://www.protectyoungeyes.com).



**2016-2017****Building Representatives**

Cheryl Bronner 1-3327  
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Kirkhof Cntr

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Central Utilities

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Copy Center, Laker Store, &  
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DeVos 1<sup>st</sup> & 2<sup>nd</sup> floor

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

Michelle Duram 1-3298

Vicki Helgeson 1-2630

# UNION NEWS

**I hope you have all enjoyed your summer and are getting ready for the 2016-2017 Academic year!**

If you have any questions on our APSS contract, please contact your building rep (see side bar on the left).

I would like to highlight a couple of areas in our contract:

- > As an employee you receive your GVSU tuition free. With the approval from your supervisor a course may be taken during normal working hours. Refer to section 12.8.1 of the contract for further information.
- > Also, your spouse or dependents will receive a 50% reduction on the GVSU tuition cost, you can find more information in section 12.8.2 of the APSS contract.

Please fill out the tuition reduction form found on HR's website-click forms on the top bar, from the drop down menu click on benefits, then "other forms" on the right hand side of page.

If at any time you have questions or concerns, please feel free to contact me @ [bakaler@gvsu.edu](mailto:bakaler@gvsu.edu).

Thank you for your continued support and have a GREAT year!



## Important Dates

August 29 - Fall Semester Starts

### SUGGESTIONS FOR UPCOMING ISSUE

For the next newsletter, I would love to share some recipes from you. Please send those over to me, [Erica](#), by August 26.

### AUGUST DATES

#### Birthdays

12 - Jalyn Kamp  
25 - Ronda Huster  
26 - Pat Cox  
27 - Jacqueline Adams  
28 - Julie DeVecht

#### GVSU Anniversary

7 - Barbie Young  
20 - Cheryl Anderson  
25 - Jalyn Kamp  
Pamela Hart  
Darrhonda Scott-Jones

#### Wedding Anniversary

4 - Chris Borda  
6 - Daw 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.



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).