

APSS NEWSLETTER

September 1, 2016

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2016-2017

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This newsletter is published monthly.

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

Recipes

Buffalo Chicken Dip

Submitted by Christy Fogg

Ingredients

- 2 big cans of chicken (drained)
- 1 block cream cheese
- 1 block cheddar cheese
- ½ cup Ranch dressing
- ½ cup Frank's Red Hot sauce



Directions

Combine all ingredients in crock pot and cook until blended. Serve with tortilla chips or Triscuits. ENJOY!

Milky Way Rice Krispies

Submitted by Christy Fogg

Ingredients

- 6 cups Rice Krispies
- 1 ½ bags of Fun Size Milky Way bars
- 1 bag semisweet chocolate morsels
- 3 sticks of butter



Directions

Melt Milky Way bars and 2 sticks of butter in microwave until smooth as possible. Add in Rice Krispies and mix until coated. Put mixture in 9x13 pan. Melt semisweet morsels with remaining stick of butter until smooth. Pour over Rice Krispies and put in refrigerator for at least an hour. Cut in squares and serve. Delicious!

RECIPES CONTINUED

Zucchini Salsa

Submitted by Barb Ellis

Here is a recipe for zucchini salsa that I got from my sister-in-law a few years ago. Super good! It makes a lot, and freezes really well.

Ingredients

5 cups shredded zucchini
2 medium onions, chopped
1 small red pepper, chopped
1 jalapeno pepper, chopped
1 - 8 oz can tomato sauce
3 garlic cloves, minced
2 1/4 tsp salt
1/2 tsp garlic powder
1/2 tsp each of ground cumin, nutmeg, and turmeric
4 medium tomatoes, chopped
2 medium green peppers, chopped
1/2 cup packed brown sugar
1 cup white vinegar
2 tbs tomato paste
2 tsp ground mustard
3/4 tsp crushed red pepper flakes
1/2 tsp pepper



Directions

In a dutch oven, combine all ingredients. Bring to a boil. Reduce heat. Simmer, uncovered, for 40-50 minutes or until thickened, stirring occasionally. Cool to room temp. Cover and refrigerate until chilled.



ANNOUNCEMENTS

Opening in Grand Rapids Civic Theatre's first production for the 2016 2017 Season. The play is called Good People by David Lindsay Albare. Opens at the Grand Rapids Civic Theatre September 9 and runs through September 25.



Sally's Retiring!

After 22 years of service to Grand Valley State University, Sally Vissers is retiring! Please join the Women, Gender & Sexuality Studies Department and Environmental Studies at a reception to thank and honor Sally and wish her a fond farewell.

Wednesday, September 7, 2016
2266 Russel H. Kirkhof Center
11:30 a.m. - 1:00 p.m.
Remarks at 12:15 p.m.

Light lunch and refreshments

Questions? Please contact Krystal Vanden Bosch
vandkrys@gvsu.edu or 331-8655



HEALTH & WELLNESS WORKSHOPS & INFORMATION

The Practice of Mindfulness

September 19
October 3, 17, and 31
November 14 and 28
December 12

Practice
Mindfulness



All sessions run from 12:10 – 12:55 in room KC1142

Dr. Sue Dilsworth of Hearts Journey Wellness will guide you through the basic principles of meditation and mindfulness. For more information go to www.gvsu.edu/

Am I Depressed?

“I stopped exercising altogether, stopped being social and going out with my friends, even missed some work because I didn’t feel like getting out of bed. I knew something was up, but at the time I just thought I was in a funk.” Maybe you haven’t reached this point yet but feel like something is different and that you’re struggling to get through your normal activities. GVSU’s employee assistance service, Encompass, can help! Simply call 1-800-788-8630 for an appointment. GVSU faculty, staff, and their dependents are eligible for 7 free counseling visits. Don’t go it alone! Get the help and support that you need.

The GVSU Farmers Market

Continues through the month of October. The Farmers Market is in parking lot G every Wednesday, 10-1:30 pm. Be sure to check out the fall harvest and help to support our local vendors! Lunches are served at each market.

Mindfulness Training for Self-Compassion Mindfulness and Self-Compassion in the Workplace

Six-Week Course for faculty and staff at GVSU
Beginning September 20th, every Tuesday through
October 25th.

Tuesday 12:00 - 1:30 pm
Cook-DeWitt Lounge



The practices of mindfulness and self-compassion help us create more ease, wellbeing and resilience in our lives both at work and at home. Self-compassion gives us the tools to soothe and comfort ourselves when we are experiencing difficulty.

Framework:

The course will consist of six, 90-minute sessions held one week apart. The **Grand Rapids Center for Mindfulness** will facilitate each training. Participants will receive a workbook CDs and digital recordings with each new practice to support a daily practice between weekly sessions. Cost is \$50.00 for the 6 week course. This course taken in the community would cost approximately \$300.00. A savings of \$250.00 to participants!

For more information go to www.gvsu.edu/sprout.

2016-2017

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Michelle Duram 1-3298

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HR WORKSHOPS

What Mommies Do Best

Now offered on the Pew Campus! Join us the 3rd Thursday of each month from 12pm – 1pm.

September 15th session: Guilty Pleasures: Many of us have heard the saying that you can't pour from an empty cup. How do you make sure that you take care of yourself while taking care of your family? What are your guilty 'mom' pleasures? Come share and learn from other moms on how to find balance. (Lunch provided)

Register on Sprout today!

UNION NEWS

Did You Know.....

During your first four years of employment, you earn .058 hours of vacation time for each regular hour worked for up to total of 15 days or 120 hours. At the beginning of your fifth year, as determined by your anniversary date you earn .077 hours of vacation time for each hour worked for up to 20 days or 160 hours. See section 12.2.1-A of our contract.

Vacation/Carryover-as a part time employee no more than 80 hours of earned vacation can be carried over from one year to the next. As a full time employee, no more than 160 hours of earned vacation can be carried over from one year to the next. See section 12.2.1-B of our contract.

NO vacation time is earned on overtime hours.

Vacation time may be used as soon as the employee has completed 6 months of employment.

Important Dates

September 5 - Labor Day; University Closed

September 5 & 6 - No Classes

SUGGESTIONS FOR UPCOMING ISSUE

For the next newsletter, I am looking to share fall activities you love to do. Please send over a blurb on the activity and possibly some photos over to me, [Erica](#), by September 26.

SEPTEMBER DATES

Birthdays

1 - Amanda Reader

4 - Bev Nyhuis

5 - Darlene Roper

10 - Mary Ann Holcomb

15 - Michelle Hodde

15 - Shelly Micho

19 - Angie Ryan

24 - Roxanne Mol

25 - Deb Barko

27 - Michelle Duram

27 - Julie Carbine

GVSU Anniversary

3 - Michelle Hodde

5 - Bob Kozminski

8 - Diane DeRyke

26 - Patti Eisen

27 - Irene Fountain

Deb Barko

Leah Thomas

Tina Lee

Jacquelyn Abeyta

Hollie Rago

Barb Brower

Wedding Anniversary

3 - Darlene Roper

6 - Bob Kozminski

11 - Carrie Shoup

14 - Pat Cox

18 - Ashley Riley

21 - Jalyn Kamp

27 - Mary Van Popering

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.

