

# APSS NEWSLETTER

July 1, 2014

Volume 4, Issue 11

## 2014 - 2015 EXECUTIVE BOARD

**President**  
Coreen Bedford

**Vice-President**  
Becky Bakale

**Chief Union Steward**  
Cheryl Fischer

**Secretary**  
Michelle Holstege

**Union Business & Financial  
Director**  
Hollie Rago

**Membership Director**  
Janet Potgeter

**Communications Director**  
Erica Baker-Bringedahl

**Website:**  
[apssgvsu.org](http://apssgvsu.org)

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This newsletter is published  
monthly.

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

# Happy 4th of July!

## 4TH OF JULY Local Fireworks

City	Fireworks	Location
Allendale	10:00pm	Allendale Township Park 6676 Lake Michigan Dr. Behind township hall
Ada-Cascade	Dusk	Open field 7590 e. Fulton St. Near corner E. Fulton/Ada Drive
East Grand Rapids	Dusk	John Collins Park over Reeds Lake 650 Lakeside Dr. SE
Grand Haven	Dusk	Waterfront Stadium 1 N. Harbor Drive
Grand Rapids July 5	10:30pm	Ah-Nab-Awen Park in front of Gerald R. Ford Presidential Museum 303 Pearl St. SW
Grandville	Dusk	Grandville Middle School 3535 Wilson Ave. SW
Holland	10pm	Kollen and Heize Waterfront Walkway 250 Kollen Park Dr.
	Dusk	Holland State Park; 2215 Ottawa Beach Rd.
Kentwood	Dusk	Kentwood City Center 4900 Breton Rd. SE
Muskegon	10:30pm	Over Heritage Landing 199 E. Apple Ave.
Sand Lake	10:30pm	Village of Sand Lake
Wyoming July 1	Dusk	Lamar Park 2561 Porter St. SW



## JULY ANNOUNCEMENTS

**Deb Barko** - My oldest daughter, Kathryn Singer (alumni of Seidman College of Business) is getting married June 29th. My youngest daughter just graduated with a RN degree.

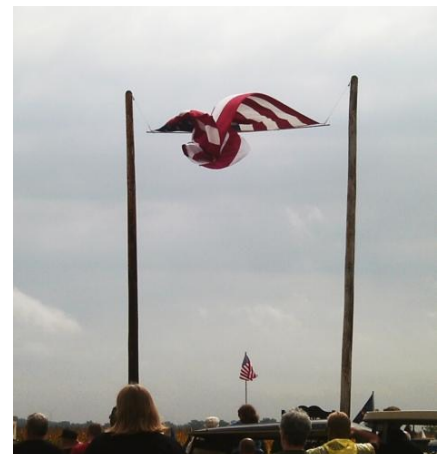
**Chris Borda** - I recently participated in a study abroad program as an elective toward the Masters of Education degree that I'm currently pursuing. spent two weeks in El Salvador with our El Salvador Social Work program. I even created a website dedicated to the trip, which you can find here: <http://elsalvadorsw.wordpress.com/>

I'll be adding more content to the website in the coming days/weeks. The entire trip was an experience of a lifetime! We spoke to many wonderful people and learned a lot about human rights and social justice. I would highly recommend the trip to anyone who is interested.



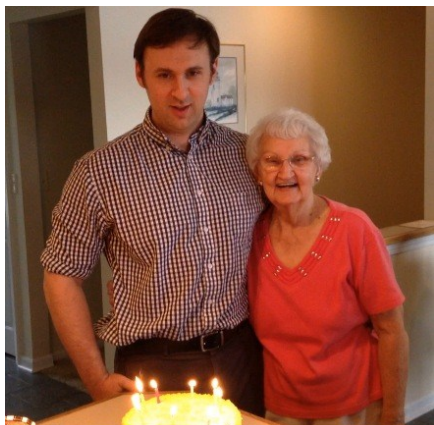
**Pam Hart** - The first thing that came to mind was the photo Diane Roper from GVSU Mail Services here in SER took of an American flag- It was featured June 13 on GVNow ([click here for the article](#))

Also, here's a link to a free Subway Art patriotic poster download: <http://www.eyecandycratiwestudio.com/2012/05/free-memorial-day-subway-art-patriotic.html>

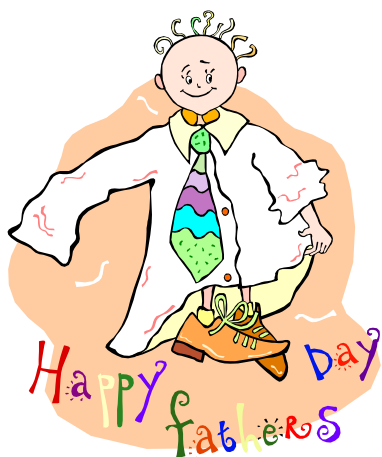


## FATHER'S DAY UPDATES

**Anna Platt** - In Photo 1 my son Brian and his Grandmother celebrated shared birthdays on Fathers' Day and Brian also celebrated his first Father's Day! In Photo 2 my husband and son-in-law celebrated Fathers' Day together. We had three fathers and two birthdays to celebrate....busy day!



**Shawn Evans** - My father took me and my boys (Jack and Liam) to a Tigers game on 6/18/14. We lost to the Royals, but it was a good game ... and Liam's first.



## Healthy Grilling Recipe: Grilled Corn with Chipotle-Lime Butter

**Prep time:** 10 minutes

**Cook time:** 12 minutes

**Makes:** 6 servings

### Ingredients

3 tablespoons unsalted butter, softened

1/2 teaspoon grated lime zest

1 teaspoon fresh lime juice

1/2 teaspoon finely minced canned chipotles plus 1/2 teaspoon sauce

1/2 teaspoon salt

6 ears fresh corn in husks

Nonstick cooking spray

Lime wedges (optional)



### Directions

1. Combine the butter, lime zest and juice, chipotles and sauce, and salt in a small bowl. Set aside.
2. Heat a grill to medium-high. Remove outer husks from corn, leaving just a few of the innermost layers. Gently pull those down, remove the silks, and pull the husks back up. Lightly mist grill with cooking spray. Cook corn 8 to 12 minutes, turning often, until crisp-tender and lightly charred.
3. Strip away husks; brush corn with butter mixture. Serve with lime wedges if desired.

**Nutrition facts per serving:** 136 calories, 3g protein, 17g carbohydrate, 8g fat (4g saturated), 2g fiber

**Recipe at** <http://www.fitnessmagazine.com/recipes/quick-recipes/dinner/healthy-grilling-recipes/>

## 4th of July Recipe: Watermelon Granita

### Total Time:

3 hr

Prep:

3 hr

### Yield:

2 cups

### Ingredients

4 cups seedless watermelon chunks

1/2 cup sugar

Juice of 1 lemon



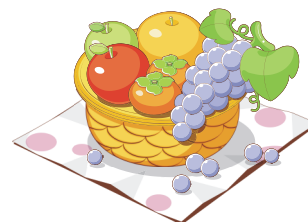
### Directions

Combine all ingredients in a food processor. Puree until smooth. Pour into a shallow, wide pan and freeze for 1 hour. Rake mixture with fork and freeze for another hour. Rake and freeze for one more hour. Rake and serve in cups.



# HEALTH AND WELLNESS

## Eat Healthy



Visit [GVSU's Farmers Market](#) Wednesdays 10-1:30pm in Parking lot G.

[Lunch every market](#) served 11am-1pm. [Live music](#) every week!

Kid's day July 9!

[David D. Hunting YMCA Farmers Market](#) Thursdays through September 3pm-7pm. Check out the [Healthy Recipes Board on Pinterest](#)

## Be Active

Gain more energy with exercise. Summer session of [group exercise classes](#) start July 7. Registration now open!



## Thrive

APSS members enrolled in benefits with Priority Health, check out their [Thrive Workshops](#) for chronic disease self-management. They're based on the simple idea that only you can choose how and when to make changes in your life that can improve your health.

As a group, you'll talk about:

- Dealing with frustration, fatigue, pain and isolation
- Evaluating treatment options
- Exercises for building strength, flexibility and endurance
- Medication use
- Communicating with family, friends and health professionals
- Nutrition ideas
- Making the right decisions for you

## APSS UNION INFORMATION

### From the President

July 1<sup>st</sup> begins a new fiscal year for our union. The Executive Board members begin their new year as well. They are:

Coreen Bedford, President  
Becky Bakale, Vice-President  
Cheryl Fischer, Chief Union Steward  
Michelle Holstege, Secretary  
Hollie Rago, Union Business & Financial Director  
Janet Potgeter, Membership Director  
Erica Baker-Bringedahl, Communications Director

### THANK YOU

THANK YOU to Christine DeMull and Jeffrey Rollins who helped us through the transition from COTA to APSS. Christine served as our Membership Director and Jeffrey as the Grand Rapids Vice President. Both have been long time supporters of the union.

Christine took charge of building our membership directory. The one we had was tied into the MEA. Christine maintained our data and created the listserv used to send communication out via email. Christine created the membership forms and data sheets used by payroll to deduct dues. Christine also kept track of members who were out on sick leave so that their dues could be adjusted. She received reports from HRO regarding new hires, retirees, etc., so that our membership count was accurate. She ensured that our fee payors (COTA) money was contributed to the university general fund. As members moved from one building to another, Christine ensured the building reps were aware and provided them with updated membership lists. She played a role in the elections by making sure that everyone who received a ballot was a current member. Before and during the transition from COTA to APSS, Christine attended additional meetings where she offered her opinions and played an instrumental role in getting information to our members. We couldn't have done it without her. Thank you Christine for caring so much about our union and the individual members.

Jeffrey migrated our web site off of the MEA server. He rebuilt the site keeping the information fresh and informative. As a vice president, Jeffrey was a voice for members not on the main campus. He was extremely helpful in researching the MEA and attending MEA meetings so that when the time came to leave, we had all the data we needed. His understanding of politics and suggestions for change were always spot on and appreciated. Jeffrey was very strategic in his thinking and helped keep the team focused. He was the final review on most of the information you received during the transition. He attended every lunch hour information meeting we had and both of the MEA meetings. He helped collect signatures for the proposal. His factual guidance at all of the planning meetings was needed and appreciated. Jeffrey is a good leader who cares about you and me.

### WELCOME

Welcome to Janet Potgeter who was elected as the membership director. Janet has been a building representative, serves on the bargaining team and has been active on many committees. She has been training with Christine over the summer and is ready to fulfill the requirements of the position.

Welcome to Erica Baker-Bringedahl begins as a new executive board member in a newly created position. As the communication director, Erica will be responsible for our website, newsletter and other communication duties as assigned (:o))! Erica has been our newsletter editor and also serves as a building representative.

-Coreen Bedford, APSS President

## 2014 Union Committees

### **Bargaining**-Article VI-Section 6.03

This committee is chaired by the current APSS union president and will consist of 4 additional APSS members.

Coreen Bedford, Chair

1. Cheryl Fischer
2. Janet Potgeter
3. Jeffrey Rollins
4. Shawn Evans
5. Rhonda LeMieux-in training

### **Election**-Article IV-Section 4.01-4.09

This committee is selected by the union resident and confirmed by the Executive Board.

Every year will call for nominations the 2<sup>nd</sup> full week of March.

Odd numbered years: president, treasurer and communications director.

Even-numbered years: vice president, secretary, chief union steward and membership director.

Michelle Holstege, Chair

1. Bill Grimaldi
2. Michelle Holstege
3. Sandra Jennings
4. Rhonda LeMieux

### **Member Relations**-Article VI-Section 6.02

This committee is chaired by the chief union steward and will consist of 2 additional members appointed by the steward.

Cheryl Fischer, Chair x13000 or [fischerc@gvsu.edu](mailto:fischerc@gvsu.edu)

1. Michelle Duram x13298 or [duramm@gvsu.edu](mailto:duramm@gvsu.edu)
2. Vicki Helgeson x12630 or [helgesov@gvsu.edu](mailto:helgesov@gvsu.edu)

### **Reclassification**-Section 10.4-Contract

There is a reclassification committee and a reclassification team. The team consists of the APSS vice president and one university representative. The team reviews all reclassification requests from members and offers a recommendation. Should the member wish to appeal the team recommendation, they can be heard by a reclassification committee. The committee is chaired by the vice president along with 2 other members from the APSS and 3 HR representatives. The 2 other union members are the president and chief union steward. The committee does not meet on a regular basis and only convenes when there is a request.

Becky Bakale, Chair

**Scholarship**- This committee is chaired by the membership director. The committee is active in the spring when scholarship applications are received and awards are given. Applications and additional information can be found on our website.

Janet Potgeter, Chair

**Fall Luncheon**- This committee is chaired by the membership director along with union secretary. The committee is active in late summer and early fall.

Janet Potgeter, Chair

Michelle Holstege, Union Secretary

**Student Appreciation Day**- This committee is chaired by the vice president who works with Student Employment. Committee members are all APSS members. This event is held in early April and the APSS members donate bake goods or other suggested items. The chair is active in early spring and all members should be active the night before the event!

Becky Bakale, Chair

**Benefits Committee**- minimally meets quarterly. APSS committee members are appointed by the union president. The committee consists of representation from every university employee group. The committee reviews data and makes recommendations for plan changes. Currently serving are Shawn Evans and Jeffrey Rollins.

**2014-2015****Building Representatives**

Alex Jacobsson 1-6248  
DeVos 3<sup>rd</sup> & 4<sup>th</sup> floors

Ann Platt/ 1-2792  
Janice Ponstein 1-2025  
Student Service-1<sup>st</sup> 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  
Manitou & Mac- C & 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 &  
Lake Michigan

Janet Potgeter 1-8531  
Henry & Padnos

Joyce Sullivan 1-3730  
AuSable

Patti Eisen 1-6260  
Riverfront, Kennedy,  
Eberhard, Ferguson

Patti McCarthy 1-6751  
DeVos 1<sup>st</sup> & 2<sup>nd</sup> floor

Roxanne Mol 1-2495  
Mac- A & B

Sandra Jennings 1-8800  
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

## SUGGESTIONS FOR UPCOMING ISSUE

I have shared a few summer recipes, recently. Now is your chance. Please submit to me your summer recipes. They could be grilling, desserts, fruit, vegetables, etc. Submit to [Erica](#) by July 29.



## DATES

**Birthdays**

1 - Valerie Karelse  
3—Shawn Evans  
5—Chris Borda  
9—Cheryl Anderson  
11—Amy Duwe  
21 - Bonnie Hudson  
25 - Dan Wezeman  
28 - Krashawn McElveen  
29—Tracy McLenithan

**GVSU Anniversary**

10—Sarah Pepper  
13—Nikki Afendulis  
15 - Joyce Sullivan  
27—Jennifer Glaab  
31—Pat Cox  
Carrie Christian  
Patricia Roek  
Annukka Thelen  
Michelle Van Nuil

**Wedding Anniversary**

1—Deborah Bell  
8—Tracie Samdal  
15—Silvia Diedrich  
23—Angela Munford  
29—Jacquelyn Abeyta

**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.

