

APSS NEWSLETTER

December 1, 2014

Volume 5, Issue 5

2014 - 2015

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This newsletter is published
monthly.

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

SNOWCASE 2014!!!

How did you enjoy GVSU's snow day and the snow last week?

Susan Brunell - She worked. :(This was her choice, but then found out she is an essential staff person, so now has to come in on snow days. She did suggest the title of this section, though (snowcase). Thanks Susan :)

Janet Potgeter - Janet enjoyed her kindle with her slippers on all day.

Deb Barko - Planned a vacation day to play in the snow with her grandson.



Dori Runyon - Sent me these beautiful photos to show what she did on her day off. As you can see she found the beauty in the snow.



Erica Bringedahl - Played in the snow with her two boys, made snow ice cream, and drank hot chocolate.



Snow Ice Cream Recipe

Submitted by Erica Bringedahl

Ingredients:

1/3 cup sugar

1 pinch salt

1 tsp vanilla extract

1 cup milk

8 cups snow

Sprinkles (optional)



Directions:

Mix all ingredients together in a bowl. Mixture will be slushy. Put sprinkles on top for decoration. Eat fast. This will melt quickly.



Did you see this guy on campus? Olaf made a surprise appearance to Allendale.

HEALTH & WELLNESS WORKSHOPS

Healthy Choices Deadline is December 31

Be sure to check your status before the holiday break: <http://gvsu.edu/healthwellness/healthy-choices-wellness-program-271.htm>.

Mark your calendars for the 2015 program. Registration for on campus biometric screens will open in January. View the on campus schedule here: <http://gvsu.edu/healthwellness/healthy-choices-2015-screening-schedule-417.htm>

NEW for 2015

- > Additional \$200 incentive for spouses or enrollees in the household member program.
- > Enhanced tracking for all Healthy Choices activities on priorityhealth.com.

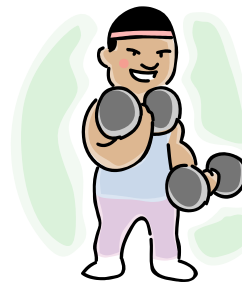


Faculty and Staff Group Exercise

Get a head start on your fitness for 2015. Faculty and staff group exercise registration is now open for January session start dates! Check out the schedule and register today!

NEW class pricing structure!

- > Each 8 week class is \$20. Sample: Yoga on Tuesdays for 8 weeks= \$20 and Straight Up Strength on Thursdays for 8 weeks= \$20
- > A new shopping cart feature allows participants to pick and choose classes.



HR WORKSHOPS

Professionalism Counts

Wednesday, December 3rd KC 2259 2pm-4pm.

Approved for PSS Non-Technical Credit
Go to www.gvsu.edu/seminar to register.



2014-2015

Building Representatives

Ann Platt/ 1-2792
Janice Ponstein 1-2025
Student Service-1st floor

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Kirkhof Cntr

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Deb Rotman 1-2566
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Erica Baker-Bringedahl 1-7388
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Library-Allendale campus

Sally Viissers 1-8058
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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

FYI
Holiday Break
December 24-January 1

SAVE THE DATE
PSS Appreciation Luncheon - March 12

SUGGESTIONS FOR UPCOMING ISSUE

Looking for your new year's resolutions for the next issue. Are you planning on dieting, exercising, going on a trip? Please submit to [Erica](#) by December 19.

DATES

Birthdays

5 - Irene Fountain

5 - Jacquelyn Abeyta

12 - Tracie Samdal

18 - Barbie Young

18 - Craig Hammerlind

22 - Tina Lee

23 - Mary Watters

31 - Darrhonda Scott-Jones

31 - Krystal Vanden Bosch

GVSU Anniversary

6 - Mary Watters

20 - Mary VanPopering

Deborah Bell

Robyn Toth

Wedding Anniversary

12 - Dori Runyon
Robyn Toth

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.

