

# APSS NEWSLETTER

February 2, 2015

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2014-2015

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This newsletter is published  
monthly.

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



**Reda DeYoung** - When most Michiganders are heading south in the winter to vacation in warmer weather, for the past three years in February we have gone up to the Grand Traverse Lighthouse Museum near Traverse City to spend five days living and working at the 150+ old lighthouse. Through their GTLM Lighthouse Keeper's Program, we stay in the lighthouse and paint, move exhibits, do minor repairs, etc. We enjoy being able to help restore and maintain this beautiful historical landmark.



**Charlyn Worthem** - My husband and I avoid the crowds also. I usually just plan a nice, romantic candlelight dinner for us at home. Turn on some jazz music and just have out candle light dinner. It's like we just tune out the world and it's just us. We've been doing that for the past few years and it's wonderful.



**Erica Bringedahl** - My husband and I avoid going out to eat at a restaurant on Valentine's Day due to the crowds. We usually end up ordering a pizza and hanging out with our two boys. We do try to go out on a date in February to make up for the holiday.

**Janet Potgeter** - Recipe to try is Heart-shaped pizza! It's easy to do with store bought pizza dough.



## Valentine's Day Recipes

### Baked French Toast

#### Ingredients

- 1 (1 pound) loaf French bread, cut diagonally in 1 inch slices
- 8 eggs
- 2 cups milk
- 1 1/2 cups half-and-half cream
- 2 teaspoons vanilla extract
- 1/4 teaspoon ground cinnamon
- 3/4 cup butter
- 1 1/3 cups brown sugar
- 3 tablespoons light corn syrup



#### Directions

1. Butter a 9x13 inch baking dish. Arrange the slices of bread in the bottom. In a large bowl, beat together eggs, milk, cream, vanilla and cinnamon. Pour over bread slices, cover, and refrigerate overnight.
2. The next morning, preheat oven to 350 degrees F (175 degrees C). In a small saucepan, combine butter, brown sugar and corn syrup; heat until bubbling. Pour over bread and egg mixture.
3. Bake in preheated oven, uncovered, for 40 minutes.

### Fresh Grapefruit Juice Smoothie

#### Ingredients

- 1 1/3 cups fresh red grapefruit juice
- 8 large strawberries
- 2 medium bananas, sliced
- 1 (8 ounce) container strawberry-banana yogurt
- 2 tablespoons honey
- 1 cup crushed ice



#### Directions

Place the grapefruit juice, strawberries, bananas, yogurt, honey, and ice into a blender. Cover, and blend until smooth.

# HEALTH & WELLNESS WORKSHOPS

## Healthy Choices Program for 2015

[Healthy Choices](#) is a wellness program that complements Grand Valley State University's commitment to healthy lifestyles. As a Grand Valley faculty or staff member, your to-do list for achieving a healthy lifestyle is made easier by taking advantage of Health and Wellness programs and resources, including Healthy Choices, that are available to you. **Benefit eligible faculty and staff have the opportunity to earn up to \$300 by participating in the program.**

### NEW FOR 2015:

There is no longer a GVSU online portal. All Healthy Choices program tracking takes place through [www.priorityhealth.com](http://www.priorityhealth.com). Log in and click on the "My wellness" button in the middle of the page to register for your biometric screen, complete the Health Assessment and track quarterly activities.

### [WATCH THE VIDEO](#)

Spouses and enrollees of the household member who participate in the Know Your Numbers (biometric screen and health assessment) and Active Management components are [eligible to receive up to \\$200 in addition to the \\$300 earned by the GVSU faculty or staff member](#) (possible of \$500 in rewards).

[Go to the website](#) now to register and find out more.

## New Fresh Produce Delivery Pilot Program at CHS

- Weekly/bi-weekly deliveries directly to the workplace for individual employees who work at the CHS Building to take home.
- Employees shop online for local & organic produce, meats, cheeses, baked goods, and more.
- All deliveries occur on predetermined day of the week. Doorganics creates a conversation around healthy food and cooking among employees.
- Employees have complete control of delivery schedule for vacations, skipped weeks, etc.
- We make it easy to support local farmers and food entrepreneurs
- Convenience- "Spend more time cooking and less time shopping"
- 10% group discount on employee produce delivery

### GET STARTED

Create your own account and register online for weekly deliveries Go to [doorganicsgr.com](http://doorganicsgr.com) and click on "work" tab

Select GVSU Center for Health Sciences from the drop down and get started.

One option is to have one person register and split with coworkers. However, there must be a minimum of 5 boxes (5 customers) a week to CHS to receive GVSU discount.

Delivery day is Tuesday.

The order window is between Thursday (at 12:00pm)-Saturday (at 12:00pm) the week before your order is delivered. You will receive an email notifying you that you can go in and shop.

## New Drop in Spin: Tuesdays 5:30pm at the DDH YMCA

Get a great workout on the bike! This low impact class provides upbeat music, intensity and fun to motivate riders to cross the finish line. GVSU faculty and staff must register for this class each week by Mondays at 5pm. Cost is \$5.00 per class session. No YMCA membership required.

Register online at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)



## HR WORKSHOPS

### Make Work Your Runway to Career Success

*Wednesday February 18<sup>th</sup> from 9-11 a.m. Kirkhof Center 1142*

None of us are above taking advantage of the workplace as a daily networking opportunity; our dress speaks to who we are as professionals. Attend this informative session to learn new trends in office fashion, how to make them your own and stand out amongst the sea of corporate suits. This seminar is meant to empower you to look and feel your best while on your journey of professional exploration and advancement. Presented by George Davis, Stylist and Associate Director of Admissions and Kim Monaghan, Human Resources Career Services for Faculty and Staff.

## PSS DEVELOPMENT WORKSHOPS

### Emergency Awareness Seminar

**Allendale: February 3, 2015 2PM-4PM Kirkhof 2270**

**Downtown: February 6, 2015 9AM-11AM BIK 340**

Emergency Awareness Seminar: This seminar will educate participants on how to respond to emergency situations such as, an active shooter, a fire, a medical emergency, a chemical spill, and other general emergency preparedness. This seminar has been approved for non-technical credit.

Sign up at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)



### CMS4 Training

**February 17, 2015 3-5pm 114 Henry Hall, Allendale**

**February 18, 2015 12-1pm 2015 SCB, PEW**

Manage and update your department website. Presented by Dave Poortvliet, Institutional Marketing. This class is approved for technical development credit.



## NEW APSS UNION MEMBER SPOTLIGHT

### CINDY DRIESENKA

Cindy began working for GVSU in 1991 as the Academic Department Coordinator for the School of Criminal Justice, Police Academy and Legal Studies Program. In 1998 she joined the Seidman College of Business supporting the Coordinator and doing undergraduate advising. In 2002, she resigned from Grand Valley and enjoyed spending 12 years at home raising her family. She recently returned to Grand Valley, joining the College of Liberal Arts and Sciences Dean's Office.



Her position in the CLAS Dean's Office includes assisting with CLAS events, award nominations, CLAS Happenings, website support, Digital Measures support and other tasks assigned by the Dean.

Cindy is married and has three children. She enjoys family time, volunteering at various ministries, sports and reading.



## UNION NEWS

Patti Eisen has decided to step down from serving as a building rep for the members in Kennedy, Eberhard & Ferguson buildings, if anyone is interested in serving as a building rep or any involvement with the APSS Union, please contact Becky Bakale at [bakaler@gvsu.edu](mailto:bakaler@gvsu.edu). We appreciate Patti for her hard work and dedication to the APSS Union board.

### **Note from the President, Coreen Bedford:**

Yesterday I completed round 4 of 6 chemotherapies. Round 3 went much better as my Oncology team and I figured out that two of the anti-nausea drugs were causing more trouble than they were worth. The migraines are gone. I am pretty sick for 8 days and then start to rebound. I am amazed at how much a body can be broken down chemically and survive even stronger than before. My blood work looks fantastic and my counts are at the high end of normal. Attitude plays a large part as it does in everything you do. I keep positive and cry when I need to. I am crying less and am looking forward to the end of this journey. My new year question and message to all of you is simple: ARE YOU HAPPY? If you are not happy - get happy. Take a good look at yourself and identify what is holding you down. Work on it - fix it. If you are not happy I can guarantee you that those around you are not happy. I have reconfirmed that the most important things in life are family. Work family included. Despite this challenge in front of me at the moment I continue to live a grateful life. In 2015 my goal is to be there for all of you as much as you have been there for me. The vacation donation I received from membership was a gift from their hearts given freely to me without reservation. With much appreciation for all of you, I remain your devoted president.



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

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, Zumberg &  
Lake Michigan

Janet Potgeter 1-8531  
Henry & Padnos

Joyce Sullivan 1-3730  
AuSable

Riverfront, Kennedy,  
Eberhard, Ferguson OPEN

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

Patrick Perry  
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

**FYI**  
**Spring break - March 1-8**

**SAVE THE DATE**  
**PSS Appreciation Luncheon - March 12**

## SUGGESTIONS FOR UPCOMING ISSUE

Spring break plans? I am looking for any plans you want to share for your spring break this year. Please submit to [Erica](#) by February 23.

## DATES

**Birthdays**

2 - Katie Haynes

4 - Donna Scholten

6 - Carol Talsma

8 - Anita Bikowitz

11 - Kathy Bausano

15 - Ashley Riley

18 - Dawn Nagelkirk

21 - Andrea Dewicki

22 - Molly Galloway

24 - Erica Bringedahl

**GVSU Anniversary**

1 - Janet Mills

19 - Tammy Tobar

26 - Amy Duwe

Sherri Hall

**Wedding Anniversary**

6 - Dan Wezeman

14 - Rhonda Lemieux



**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 Associa-**