

APSS NEWSLETTER

May 1, 2015

Volume 5, Issue 10

2014-2015

EXECUTIVE BOARD

President
Coreen Bedford

Vice-President
Becky Bakale

Chief Alliance Steward
Cheryl Fischer

Secretary
Michelle Holstege

**Union Business & Financial
Director**
Hollie Rago

Membership Director
Janet Potgeter

Communications Director
Erica Baker-Bringedahl

Website:
apssgvsu.org

INSIDE THIS
ISSUE:

Graduates	1-4
Recipe	5
Health Workshops	6-7
HR workshops	7
Campus News	7
Union News	8
Dates	9

This newsletter is published
monthly.

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



The Adult and Continuing Studies Department had two graduates for Winter 2015. Tina Lee received a Bachelor of Science in Liberal Studies. Heather Walker graduated with her Master's in Adult and Higher Education. Both graduates were very special to the Adult and Continuing Studies department because they are both adult learners (non-traditionally aged students). As adults learners, they pursued their degrees while juggling full time jobs, family caretaking, homeownership, and being active members of their communities. They embodied the spirit of our department and serve as excellent role models for any adults who wish to pursue their dream of obtaining a college degree. Heather and Tina have shown us that with the proper support, programs, and a lot of hard work, it is possible!

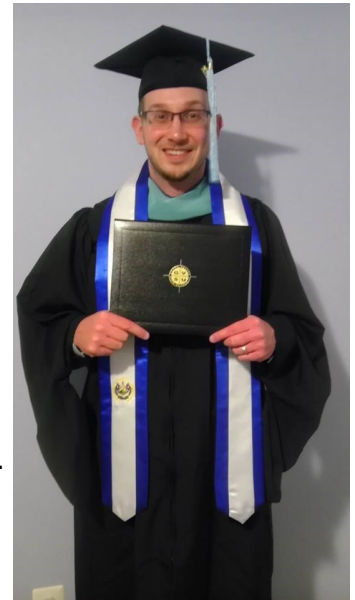


Heather Walker



Tina Lee

Chris Borda - I graduated this semester! I received my Master's of Education with an emphasis in Adult and Higher Education. I started the program back in the Winter semester of 2012 and have been working on it part-time since then. I finished up the program by doing my Master's Project this semester and just walked in Commencement this past Saturday. In the picture, you can see that I'm wearing an El Salvador sash, to represent the study abroad program that I participated in as part of my degree.



Erica Bringedahl - I graduated this semester with my Master's in Public Administration. I couldn't have done it without the support of my family, friends, and co-workers. I started the program being pregnant with our second child and now he is 3! My first son saw me graduate with my bachelor's and now my youngest got to see his mom graduate with her master's.

Deborah Bell- Earned a BS Liberal Studies with emphasis in Financial Literacy for Marginalized Populations. Participated in commencement ceremonies in December 2014. Finished Capstone this past winter and is proud to be officially a member of the graduating class of 2015. Has worked for six years as a Records Assistant in the Admissions Office here at GVSU. Married to Alfred for almost 44 years and is the



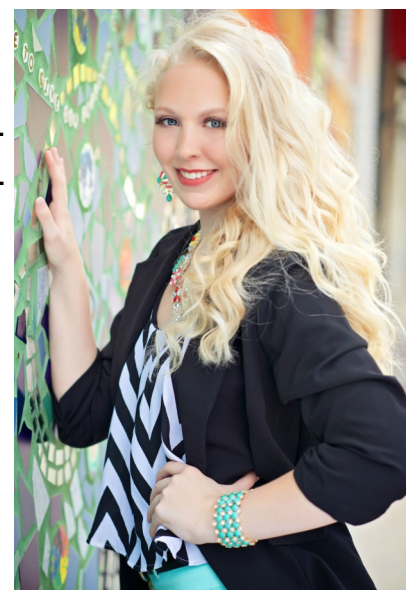
mother of four.. Shontea, Cedric, Brian and Aleece. Also holds an Associates in Applied Sciences in Business Management from Muskegon Community College.

Jan Kuzee- I'm so proud of this graduate who happens to be my daughter Abbie Kuzee. She's overcome many obstacles in her career here at GVSU and I would have never imagined that she would get a graduate degree! Abbie's initial application to GVSU as a high school student was denied. Her grades and ACT scores weren't quite high enough, but she was given the option of appealing so she submitted an essay. Weeks went by and we heard nothing. I was curious as to when they would make a decision so I called her admissions counselor Michael Lopez. Michael and I talked about Abbie and I assured him that she has a strong family support system and is a hard worker, school isn't easy for her, but she would put the time and effort into it to do well. He admitted her. Abbie's first year and Grand Valley wasn't stellar, but she developed good learning skills and declared and major which she loves and ended up on the dean's list her last 3 semesters. She was accepted into the Master's Program for Speech-Language Pathology, Grand Valley's second graduating class for this program.



I always intended to call or email Michael Lopez and thank him for what he did for Abbie, unfortunately he passed away in November of 2009.

Heather Koster - My daughter, Blythe Koster, will be graduating from Jenison High School this year. Blythe is an honors student, played viola in the Jenison High Orchestra, and was a member of the JHS Varsity Dance team for three years. She has also trained as a dancer at Body Language Dance Company (Jenison) since the age of three and has spent several summers training in NYC. Blythe will begin pursuing her BFA in Contemporary Dance at the University



of North Carolina School of the Arts in the fall. She will be one of only about a dozen dancers selected this year to enter this highly-competitive program, which consistently ranks as one of the best in the country.

Cherilyn Denomme - I'll be graduating with my Master of Science degree in Communications and plan to teach in the near future.

Valerie Karelse - Valerie is currently the Office Coordinator and Assistant to the Associate Dean for Graduate Programs and Centers in the Seidman



College of Business Dean's Office. She has worked in the Dean's Office for three years. With a lot of dedication, hard work, and support from her boyfriend Kevin, family and closest friends, she graduated in April 2015 with her Masters of Science Degree with an

emphasis in Communications. Valerie decided to get her degree to enhance her career and she looks forward to what lies ahead. During her newly acquired "free time" she plans to spend it reading, gardening, sewing, cooking and spending time with Kevin, family, friends and her most loyal little buddy... Miles.



Cinco de Mayo Recipe

Fruit Salsa and Cinnamon Chips

Ingredients:

2 kiwis, peeled and diced
2 Golden Delicious apples - peeled, cored and diced
8 ounces raspberries
1 pound strawberries
2 tablespoons white sugar
1 tablespoon brown sugar
3 tablespoons fruit preserves, any flavor
10 (10 inch) flour tortillas
butter flavored cooking spray
2 tablespoons cinnamon sugar



Directions:

1. In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.



HEALTH & WELLNESS WORKSHOPS

Active Commute Week

May 11 – 15, 2015



Track your active commutes to work using the West Michigan Rideshare tool through The Rapid and help GVSU beat other area Universities and organizations by accumulating the most trips.

For more information please visit: <http://acwgr.org/events/full-width/>

Looking for motivation from other faculty and staff? Join our informal recreational opportunities

Run/Walk group:

Guided running workouts are available for participants led by the Human Resources Health and Wellness Intern or you can use your own workout.

Allendale:

Tuesdays 12:00-1:00PM

Kelly Family Sports Center

QUESTIONS or more information: email welintrn@gvsu.edu.

Soccer:

Interested in playing soccer? Join fellow faculty and staff for fun and informal soccer matches in Allendale or Grand Rapids. Open to all levels of play.

QUESTIONS or for more information visit our [website](#).



Competition Nutrition

May 4-June 15

Competition Nutrition is a six-week program that encourages you to eat healthier. You'll earn points for eating fruits and vegetables while receiving educational tips and healthy recipes along the way. Whether you want to lose weight, improve your health or have some friendly competition with your co-workers, this challenge is for you!



For more information please visit: <http://www.gvsu.edu/sprout>

HR WORKSHOPS

Career Competencies 101

Wednesday, May 27, 10a – Noon, 2266 Kirkhof.

This “boot camp” style workshop challenges attendees to honestly assess their career competencies quotient. The program is designed to inspire professionals to abort “blame,” mitigate counterintuitive thinking, accelerate potential and activate a strategic plan for improving Performance, Professionalism, “Promotability,” and Personal Accountability. Presented by Kim Monaghan, Human Resources Career Services. Approved for non-technical PSS credit.

CAMPUS NEWS

PLAN Plan for Laker Admission Now (or for any college)

When it comes to college planning, it may seem like there are a million things to think about, but don't worry we are providing you, as the parent of a college-bound student, an opportunity to ask the experts here at GVSU about college planning. If you have a junior high or early high school student, then the time to find out about college admission is now. Please join us on Tuesday, May 12th, 10-12:00 in 3000 James H. Zumberge Hall, for a presentation by Jodi Chycinski, Admissions and Erika Wallace, Financial Aid to answer your questions regarding college admission. Light refreshments will be served. Please register by going to www.gvsu.edu/sprout.

2014-2015**Building Representatives**

Janice Ponstein 1-2025
Student Service-1st 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
Mac- A-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

Kennedy, Eberhard, Ferguson
OPEN

Patti McCarthy 1-6751
DeVos 1st & 2nd floor

Sandra Jennings 1-8800
Manitou & 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 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

UNION NEWS

Voting Results

The board would like to thank all of the candidates who ran for office and all of the members that voted. We hope the process was simple and easy for you as we transitioned to online voting.

The officers elected are:

Coreen Bedford – President

Hollie Rago – Business and Finance Director

Erica Bringedahl – Communications Director

Thank you again to all the candidates and all those who voted.



FYI

Spring semester starts May 4

Mothers' Day - May 10

Memorial Day - May 25

SUGGESTIONS FOR UPCOMING ISSUE

Looking to share summer cooking recipes for the next issue. Please submit to [Erica](#) by May 27.

DATES

Birthdays

1 - Carrie Simmons

21 - Cherilyn Denomme

GVSU AnniversaryWedding Anniversary

9 - Janet Potgeter

9 - Susan Brunell

11 - Mary Watters

16 - Erica Bringedahl

16 - Andrea DeWicki

23 - Jay Zink

25 - Krystal Vanden Bosch



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.