

APSS NEWSLETTER

June 1, 2015

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2014 - 2015

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This newsletter is published
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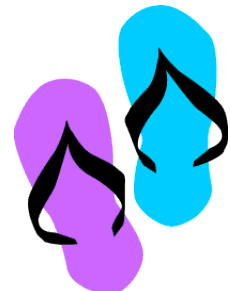
For submission information
contact Erica Baker-Bringedahl
at bakereri@gvsu.edu.



From the newsletter editor:

I hope all of you have a fantastic summer! I am looking forward to the warm summer days and nights here in Michigan. If you have anything you wish to share in the newsletter don't hesitate submitting it to me. I am always looking for new ideas and information for the newsletter. I truly enjoy creating this every month and I hope to see some new people submit this year. :)

Thanks!
Erica Bringedahl



Giada's Herbed Quinoa

Submitted by Pamela Hart - I've made the recipe I'm sharing as a side dish with grilled chicken, burgers, etc. - but those who prefer a meatless meal can serve this as their protein source. It's really fresh tasting due to the herbs & lemon. When I prepared this for a friend to drop off with a deli roasted chicken, I added minced red onion, feta crumbles, halved grape tomatoes, sweet bell peppers &, fresh sweet corn kernels (cooked).

Ingredients:

2 3/4 cups low-sodium chicken stock

1/4 cup fresh lemon juice

1 1/2 cups quinoa

Dressing:

1/4 cup extra-virgin olive oil

1/4 cup fresh lemon juice

3/4 cup chopped fresh basil leaves

1/4 cup chopped fresh parsley leaves

1 tbs. chopped fresh thyme leaves

2 tsp. lemon zest

Kosher salt and freshly ground black pepper

Directions:

For the quinoa: In a medium saucepan, add the chicken stock, lemon juice and quinoa. Bring to a boil over medium-high heat. Reduce the heat to a simmer, cover the pan and cook until all the liquid is absorbed, about 12 to 15 minutes.

For the dressing: In a small bowl, mix together the olive oil, lemon juice, basil, parsley, thyme, and lemon zest. Season with salt and pepper, to taste.

Pour the dressing over the quinoa and toss until all the ingredients are coated. Transfer the quinoa to a bowl. Season with salt and pepper, to taste, and serve.



Ultra Easy Pineapple Chicken Kabobs

Submitted by Erica Bringedahl - I am always looking for easy grilling recipes and this one is just that. I hope you enjoy it too!

Ingredients:

- 1 green bell pepper, cut into 1-inch pieces
- 1/2 onion, cut into 1-inch pieces
- 1/2 pound skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1 (15 ounce) can pineapple chunks, drained
- 1/4 cup barbeque sauce, or as needed
- 6 skewers



Directions:

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Thread green bell pepper, onion, chicken, and pineapple onto skewers; brush with barbeque sauce.

Cook on the preheated grill until chicken is no longer pink in the center and the juices run clear, 7 to 10 minutes per side.



LOCAL FUN!!

Local Festivals & Events

46th Annual Festival of the Arts in Grand Rapids, June 5-7. There will be art, entertainment, food, and activities for kids and adults. Check the guide for scheduled events and activities [here](#).

Local First Street Party, June 7. Kick your summer off right with the best outdoor music, food, & beverage festival of the year! It's Local First's 11th annual Street Party - sure to be bigger and better than ever. Mark your calendar – you won't want to miss this party! For more information visit <http://www.localfirst.com/>.

Rockford Summer Celebration, June 11-14. An annual event for over 40 years, the Rockford Start of Summer Celebration draws well over 10,000 visitors and features carnival rides, food, games, contests, crafts, demonstrations, music, beer tent, fireworks on Saturday night, and much more.

Movies in the Park, June 5-August 21. Friday at dusk, Ah-Nab-Awen Park, Bring your blankets, chairs, beer, wine and snack and enjoy a movie under the stars!

[Facebook page](#)

FREE Outdoor Fitness Classes in Downtown GR!

MONDAY

(June 8-July 7)

YOGA

at Ah Nab Awen Park

12:15-1:00 p.m.

ZUMBA

at Rosa Parks Circle

5:30-6:15 p.m.

TUESDAY

(June 9-July 28)

SUNRISE YOGA

at Rosa Parks Circle

6:30-7:15 a.m.

ZUMBA

on Blue Bridge

5:30-6:15 p.m.

WEDNESDAY

(June 10-July 29)

YOGA

at Ah Nab Awen Park

12:15-1:00 p.m.

YOGA

on Blue Bridge

5:30-6:15 p.m.

THURSDAY

(June 11-July 30)

CARDIO FITNESS

on Blue Bridge

5:30-6:15 p.m.

YOGA

at Heartside Park

5:30-6:15 p.m.

Summer Reading

Grand Rapids Public Library System Reading Challenge, May 26-September 6: Challenge your kids to see how many books they can read over the summer! There are several events taking place over the summer and prizes! Check out GRPL [here](#).



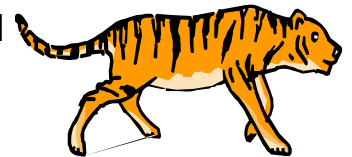
Kent District Library System Summer Reading Club for Kids AND Adults, June 1-August 8: Fun activities are planned and prizes are to be had! Check out KDL [here](#).



Local Places to visit

Grand Rapids Public Museum: Dream it, Build it Exhibit (open now). The museum also has a newly renovated Planetarium with various shows. Did you know? The museum is open until 8pm on Tuesdays!

Grand Rapids Children's Museum: Special exhibits include the Imagination Playground, Kidstruction Zone, Just Fort Fun!, and Open Wide.



John Ball Zoo: Check out the new Tiger exhibit and petting zoo. Take a ride on the funicular (what is that, you ask? Look [here](#)) or zipline!

Grand Rapids Art Museum: Throughout the summer you can get in the GRAM for free on Meijer Free Tuesdays and Meijer Free Thursday Nights! The gift supports free admission for the public from 10 a.m. to 5 p.m. each Tuesday and free general admission Thursday Nights from 5-9 p.m. through 2016, encouraging new and returning visitors to explore the galleries and take advantage of tours and other programs the museum offers on these dates.

HEALTH & WELLNESS WORKSHOPS

Farmer's Market



Starts June 3rd! Summer grill challenge kicks off the season. Taste test and vote for your favorite recipe. Register online at www.gvsu.edu/sprout.



**Can't make it to the Allendale Campus Farmer's Market?
Check out these local farmer's markets in your area!**

Grand Rapids Area

- > Fulton Street Farmer's Market (fultonstreetmarket.org). Days/Hours: Tuesday, Wednesday, Friday, Saturday 8-3pm, Thursdays, 4-7pm
- > David D. Hunting YMCA Farmer's Market, Days/Hours: Thursday, 3-7pm
- > Downtown Market (<http://downtownmarketgr.com/>) Days/Hours: Tuesday & Saturday, 8-1pm, Thursday, 4-7pm

Holland Area

- > Holland Farmer's Market (<http://www.hollandfarmersmarket.com/>) Days/Hours: Wednesday & Saturday, 8-4pm

Kentwood Area

- > Metro Health Farm Market, Days/Hours: Thursdays, 9-2pm

Rockford Area

- > Rockford's Farmer's Market (<http://rockford.mi.us/farmMarket.html>) Days/Hours: Saturday 8-1pm

Muskegon Area

- > Muskegon Farmer's Market (<http://www.muskegonfarmersmarket.com/about/>) Days/Hours: Tuesdays, Thursdays, and Saturdays 6-3pm



TIAA-CREF Retirement Planning Individual Counseling Appointments

Discuss your personal financial situation with an experienced TIAA-CREF Financial Consultant on a confidential basis. Check our [events calendar](#) for dates and times counselors are on campus.

Weight Watchers

Did you know? Weight Watchers at Work meetings run all summer long. Register any time! <http://www.gvsu.edu/healthwellness/weight-watchers-work-101.htm>



HR WORKSHOPS

Using Your “Intelligence” To Build Your Career

Tuesday June 16, 12:00pm-2:00pm Richard M. DeVos Center 302E

We've all heard the importance of emotional intelligence, but how can it, along with social and interpersonal intelligence, help you build your career and develop stronger, more powerful and mutually beneficial relationships. Learn how to prevent conflict, stand out as a leader and empower others as well as yourself. In this 2 hour workshop, we'll explore the importance of self-awareness, self-management, social awareness and relationship management. Presented by Kim Monaghan, Human Resources Career Services for Faculty and Staff.

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Don't forget!
June 21 is
Father's day!



SUGGESTIONS FOR UPCOMING ISSUE

Going on a trip this summer? If so, please share your trip plans with photos for the next newsletter. Please submit to [Erica](#) by June 26.



DATES

Birthdays

1 - Jeffrey Rollins
7 - Silvia Diedrich
11 - Marilyn Vander Wilp
11 - Denise Gross
13 - Sharon Mikula
18 - Carrie Shoup
22 - Barb Brower
23 - Mary Van Popering
24 - Diane Wujcik

GVSU Anniversary

2 - Linda Schmidt
3 - Sharon Mikula
7 - Sheryl Nelson
10 - Dorothy Vice
16 - Molly Galloway

Wedding Anniversary

4 - Amy Duwe
4 - Angie Ryan
19 - Molly Galloway
29 - Carol Talsma

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.