

# APSS NEWSLETTER

June 30, 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).



## 4TH OF JULY Local Fireworks

City	Fireworks	Location
Allendale	Dusk	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	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	Dusk	Over Heritage Landing 1050 7th Street
Sand Lake	10:30pm	Village of Sand Lake
Wyoming June 30	Dusk	Lamar Park 2561 Porter St. SW



## Fourth of July Recipes

### Red and Blue Berry Lemonade Slush

**Ingredients:**

2 cups lemon juice  
1-1/2 cups fresh raspberries  
1-1/2 cups fresh blueberries  
1 to 1-1/4 cups sugar  
3 cups cold water

**Directions:**

1. In batches, place lemon juice, raspberries, blueberries and sugar in a blender; cover and process until blended. Strain and discard seeds.
2. Transfer to a 2-1/2-qt. freezer container; stir in water. Freeze for 8 hours or overnight.
3. Just before serving, remove from freezer and let stand 45 minutes or until slushy. Yield: 8 servings.

Recipe at <http://www.tasteofhome.com/recipes/red-and-blue-berry-lemonade-slush>



## Red, White, and Blue Poke Cake

### Ingredients:

1 box white cake mix, water, vegetable oil and egg whites called for on cake mix box

1 box (4-serving size) strawberry-flavored gelatin

1 cup boiling water

1/2 cup cold water

1 box (4-serving size) white chocolate instant pudding and pie filling mix

1/3 cup milk

1 container (8 oz) frozen whipped topping, thawed

1 cup sliced fresh strawberries

1/2 cup fresh blueberries



### Directions:

1 Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake cake mix as directed on box for 13x9-inch pan. Cool completely in pan, about 1 hour.

2 Pierce cooled cake with fork at 1/2-inch intervals. In medium bowl, stir gelatin and boiling water until dissolved. Stir in cold water. Carefully pour mixture over entire surface of cake. Refrigerate at least 3 hours until serving time.

3 In large bowl, mix pudding mix and milk until well blended. Gently stir in whipped topping. Spread over cake. Arrange strawberries and blueberries on top of cake to look like flag. Store loosely covered in refrigerator.

Recipe can be found at <http://www.bettycrocker.com/recipes/red-white-and-blue-poke-cake/7af74df2-39af-425c-a93f-6b8efcec47b9>



**Cheryl Anderson** - It isn't a vacation but in July, my husband Dr. Gary Anderson, optometrist and I will be joining a medical team to travel to Jamaica to do health wellness & eye exams on Jamaican children (6 months - 18 yrs old). We will travel



three different places in three days - no air conditioning and we have to set up and tear down each day. We usually have to leave the area before it gets dark!!! We send the glasses down, ahead of time!! Used eyeglasses can also be sent to me:

CIS Office  
C-2-100 MAK  
Allendale Campus

**Julie Noto** - We went camping at Mackinac last weekend. We visited and climbed Castle Rock. Went to the mystery spot and went zip lining. Toured the island two days. (visited Fort Mackinac, the grand hotel, and rode our bikes the 8 miles around the island)



**Nicole O'Leary** - I am getting Married on September 19th and heading to Europe the next day for our Honey-moon. My Fiancé and I will be spending 2 weeks in London, Dublin & Amsterdam.





**Tracie Samdal** - My husband, Glen, surprised me with an early 15th wedding anniversary trip in May (anniversary is in July). He booked a long weekend and worked out vacation time with my boss. He told me to pack clothes for warm weather and we took off to the airport in. Until we got to Charlotte, NC, I had no idea our destination was Saint Maarten. He pulled out our passports and we were off to another country! It was an amazingly relaxing mini-vacation.



**Michelle Duram** - We just arrived back from an amazing two weeks in Italy and Switzerland! 10 of us (4 from GVSU) had an amazing adventure with a Globus tour. We were in San Gimignano which is my favorite Italian city! And the following: Milan, Florence, Rome, the beautiful Amalfi Coast, Pompeii (truly fantastic), Venice, Assisi, Lugano Switzerland, Sorrento, Pisa, Lake Maggiore, Isola Del Pescatori, Padua, Capri (and that was outstanding!!!) Globus tour is the ONLY way to go!!



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

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

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DeVos 1<sup>st</sup> & 2<sup>nd</sup> floor

Sandra Jennings 1-8800  
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Jacquelyn Abeyta 231-995-1858  
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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

# HEALTH & WELLNESS WORKSHOPS

## Weight Watchers @ Work continues through the summer!

Thursdays 12:00 PM - 12:45 PM

Allendale campus, Kirkhof Center » RM 2270 (room changes a few Thursdays so please check the website)

Weight Watchers® actually works with your life instead of against it. Because it's not a diet. It's a smarter way to eat and live. You'll learn how to have a healthy relationship with food so you can finally lose the weight without losing your life. Find weight-loss success right at work with Weight Watchers. You can join your current Weight Watchers at Work meeting series at any time.

Faculty and staff have the opportunity to earn \$10/month back for attending the program! Details here.

Don't forget, there are a number of tools and resources at your fingertips for Priority Health members!

## MEMBERS ARE YOU REGISTERED?



- Review claims
- Compare prices for medical procedures
- Earn rewards for wellness
- Video chat with a doctor 24/7

Visit: [www.priorityhealth.com](http://www.priorityhealth.com)

## Important Dates

July 3 - University closed  
 July 4 - Independence Day  
 July 31 - Spring/Summer semester ends

## SUGGESTIONS FOR UPCOMING ISSUE

Do you have family members going to college for the first time this August? If so, please share where they are going and a photo of the person for the next newsletter. Please submit to [Erica](#) by July 24.

## 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

15 - Joyce Sullivan  
 27 - Jennifer Glaab  
 31 - Pat Cox  
 Carrie Simmons  
 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.



If you would like your birthdate, GVSU anniversary, and/or wedding anniversary published in the newsletter email Erica at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).