

# APSS NEWSLETTER

September 1, 2015

Volume 6, Issue 2

2015-2016

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ISSUE:

Celebrations	1
Member Announcements	2-3
Fall Recipe	4
Health Workshops	5
HR workshops	5-6
Union news	7
Dates	8

This newsletter is published  
monthly.

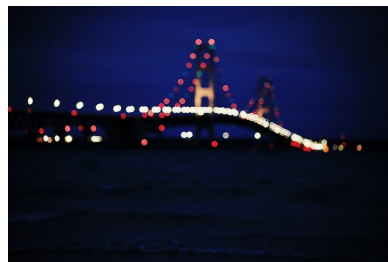
For submission information  
contact Erica Baker-Bringedahl  
at [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu).



**Hollie Rago** - In September will be going to Disney World and Mexico!



**Darlene Roper** - Wedding anniversary 39 years  
Sept.3, we are going to Mackinaw for the weekend.



**Pat Cox** - My husband Robin and I will be celebrating our 25th wedding anniversary on Sept 14.

## UNION MEMBER ANNOUNCEMENTS

**Amy Gascon** - Celebrating her sketch comedy show she co-wrote and is directing in September. Information is below. Show Amy some support by attending in September!

**a GRAND LAMPOON**  
SKETCH COMEDY SHOW

**SEPTEMBER 24, 25, & 26**  
**Dog Story Theater**  
7 Jefferson Ave. SE Grand Rapids  
**\$10**

**Thurs & Fri: 7:30pm**  
**Sat: 6pm & 8:30pm**

**Written By:** Amy Gascon, Demy Marti  
Will Oltman & Larry Walangitan  
**Directed By:** Amy Gascon  
**Featuring:** Sara Crockett, Steve Crockett,  
Demy Marti, Lissa Marques & Larry Walangitan

Dog Story Theater  
DogStoryTheater.com

**Denise Gross** - Just want to pass along some great acts of kindness by two of our PSS staff.

On August 25th at approximately 1:50 pm there was a car/pedestrian accident on the southeast corner of Lafayette and Michigan St. in Grand Rapids.

A woman driving a red SUV struck a pedestrian as she was making a left turn from Lafayette onto Michigan St. After the ambulance had taken the pedestrian away all that remained was the woman who was driving the car sitting alone and crying and shaking.

As we watched this unfold right in front of our very eyes, two of our colleagues, thinking not of themselves, but of the poor woman sitting on the ground obviously in shock decided to administer to her needs. They grabbed a sandwich, a Gatorade and a blanket and headed out to help.

They asked if they could help in any way possible. They convinced her to get into the police vehicle to stay warm and although she couldn't possibly think about eating or drinking anything, the blanket was welcomed.

I would just like to say that I am proud to say that I work with such a caring group of individuals that would go out of their way to make a complete stranger feel less alone.

Patti and Lori....the true heroes of the day.





## FALL Recipe

### Apple-Raisin French Toast Casserole

**Ingredients:**

- 1 cup brown sugar
- 1 teaspoon ground cinnamon
- 1/2 cup butter, melted
- 3 apples - peeled, cored and sliced
- 1/2 cup raisins
- 1 (1 pound) loaf French baguette, cut into 1 inch slices
- 6 eggs, lightly beaten
- 1 1/2 cups milk
- 1 tablespoon vanilla extract
- 2 teaspoons ground cinnamon

**Directions:**

1. Grease a 9x13 inch baking dish. In a large bowl, mix together brown sugar and 1 teaspoon cinnamon. Mix in melted butter. Stir in apples and raisins until evenly coated. Pour into prepared pan. Arrange bread slices in an even layer over apples.
2. In the bowl, whisk together eggs, milk, vanilla and 2 teaspoons cinnamon. Pour over bread, making sure every slice is fully soaked. Cover with aluminum foil, and refrigerated overnight.
3. Preheat oven to 375 degrees F (190 degrees C). Remove dish from refrigerator while the oven is heating. Bake covered for 40 minutes. Remove cover, and bake 5 minutes. Let stand 5 minutes before serving.

Recipe can be found at <http://m.allrecipes.com/recipe/45620/apple-raisin-french-toast-casserole/>



# HEALTH & WELLNESS WORKSHOPS

## FALL RESOURCE GUIDE



Our Fall Resource Guide has everything anyone needs to know when it comes to programming and services this fall!

Group Exercise, Mindfulness programming, professional development, healthy challenges, weight loss resources and more!

[http://gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/fall\\_event\\_guide\\_2015\\_small.pdf](http://gvsu.edu/cms4/asset/614589D9-D87D-F688-4E9414B96B94C137/fall_event_guide_2015_small.pdf)

## HR WORKSHOPS

### Moving on Up - Preparing for Career Advancement

*Wednesday, September 16, 2015 from 12:00-2:00 p.m. Russel H. Kirkhof Center 1142*  
*Tuesday, September 15, 2015 from 9:00 -11:00 a.m. Richard M. DeVos Center 302E*

Even though you excel at your job there's always room for improvement. And when it comes to taking a leap to the next position, it's prudent to plan in advance. A new role with a new team, under new leadership in perhaps a new division brings an entirely new set of expectations. Whether you're planning to transition soon or not for several years, it's wise to start now implementing strategies that will increase your chances for success. In this workshop, we'll discuss mandatory professional development expectations, strategies for building your strong interpersonal skills and strengths and tips for increasing your transition potential. Presented by Kim Monaghan, Human Resources Career Services for Faculty and Staff.

**2015-2016****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

Carol Talsma 1-7323  
Cntr of Health Sciences &  
515 Michigan

Cheryl Anderson 1-3482  
Mac- A-D

Deb Rotman 1-2566  
Calder, 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 & Lake Huron

Autumn DeRoo 1-5936  
Kennedy, Eberhard, Ferguson

Patti McCarthy 1-6751  
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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

# HR WORKSHOPS CONT.

## Retirement workshops

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

### Healthy Numbers: Integrating healthcare into your retirement plan, October 20<sup>th</sup>, 3-4:30 pm, JHZ3000

Enjoying your retirement begins with your health. But are you budgeting for the costs of healthcare in retirement? Together, we'll cover the key ideas, trends and numbers you need to be prepared. TIAA-CREF's workshop presenter Alexandra Curry, will share how to fold healthcare into your overall retirement plan. Dave Smith, GVSU Director of Benefits and Wellness, will join us for the last ½ hour to discuss GVSU's retiree benefits.

### Postcards from the Future: A woman's guide to financially ever after, November 3<sup>rd</sup>, 12-1:30 pm, JHZ3062

As a woman, what Financial knowledge do you need nearing retirement? Learn what you can do to help make your retirement dream come true. TIAA-CREF's workshop leader, Chele Hubbard, will help you to identify your "retirement vision" – how much you will need and when. Define simple steps to reach your ideal retirement age within 10-15 years, and learn the unique characteristics of retirement plants from 403(b)'s to IRA's.

### Online Tools: Connect to financial clarity, November 17<sup>th</sup>, 12-1:00 pm, JHZ3000

This workshop will appeal to all ages, including Gen Y. If you're looking for a better understanding of your financial future, TIAA-CREF's online tools are a great way for you to get the knowledge and confidence to discuss your needs with a Financial Consultant. TIAA-CREF's presenter, Alexandra Curry, will guide you through the TIAA-CREF suite of online tools to help you learn how to find your investment style, track your retirement path, and discover how to create a simpler picture of all of your finances. Learn a convenient way of keeping track of your financial future using the online tools provided by TIAA-CREF.

## Grant Writing Workshop

Bauer Grant Writing Workshops

It's never too early to think about setting aside some time to enhance your grant writing, team building, and collaboration skills! David Bauer, one of the most highly sought after experts on grant-seeking, will conduct the following workshops:

### How to Find and Win Federal Grants Workshop

Thursday, October 1, 2015, 8:00 am – 5:00 pm

### How to Find and Win Corporate and Foundation Grant Workshop

Friday, October 2, 2015, 8:00 am – 5:00 pm

All costs for these workshops are covered by the Office of Sponsored Program  
Other materials provided include books and handouts  
Seating is limited and available on a first come first serve basis

To register, please visit [www.gvsu.edu/grants](http://www.gvsu.edu/grants)

## UNION NEWS

### Save the Date - APSS Fall Luncheon



It's Autumn in the Valley!

Please come to the  
Alliance of Professional Support Staff  
Annual Fall Luncheon

Thursday, October 15, 2015, 12 to 1:30 p.m.,  
in the Kirkhof Center, Grand River Room.

Take time to see your friends, enjoy lunch and win prizes!

The Southern Barbeque menu will include:

Barbequed Baked Beans, Cheddar Bacon Mashed Potatoes, Coleslaw,  
Biscuits with Honey Butter, Rotisserie Chicken, and desserts!



Please send your R.S.V.P. to [apssluncheon@gmail.com](mailto:apssluncheon@gmail.com) by October 9.

Your RSVP is very important for the success of this event.

Please contact Janet Potgeter ([potgetej@gvsu.edu](mailto:potgetej@gvsu.edu)) with any questions. Thank you.



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**Important Dates**

**September 7 - Labor Day**  
**September 6-8 - No classes**

**SUGGESTIONS FOR UPCOMING ISSUE**

Fall photos welcome for the next newsletter. Please share by emailing [Erica](mailto:Erica) by September 24.

**DATES****Birthdays**

1 - Amanda Reader  
4 - Bev Nyhuis  
5 - Darlene Roper  
10 - Mary Ann Holcomb  
15 - Michelle Hodde  
15 - Shelly Micho  
19 - Angie Ryan  
24 - Roxanne Mol  
25 - Deb Barko  
27 - Michelle Duram

**GVSU Anniversary**

3 - Michelle Hodde  
5 - Bob Kozminski  
8 - Diane DeRyke  
11 - Sue Willemssen  
19 - Alex Jacobson  
26 - Patti Eisen  
27 - Irene Fountain  
Deb Barko  
Leah Thomas  
Tina Lee  
Jacquelyn Abeyta  
Hollie Rago  
Barb Brower

**Wedding Anniversary**

3 - Darlene Roper  
6 - Bob Kozminski  
11 - Carrie Shoup  
14 - Pat Cox  
18 - Ashley Riley  
21 - Jalyn Kamp  
27 - Mary Van Popering

**Thinking of You  
Cards: Do you know  
someone who is off  
work because of  
surgery, illness, or  
accident? Please let  
[Deb Barko](mailto:DebBarko@gvsu.edu) 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).