

APSS NEWSLETTER

December 1, 2015

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2015 - 2016

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This newsletter is published
monthly.

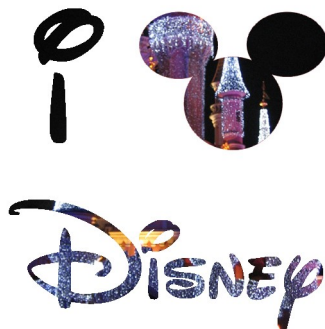
For submission information
contact Erica Baker-Bringedahl
at bakereri@gvsu.edu.

HAPPY HOLIDAYS!!

Julie Carbine - I am very excited about break because my daughter, Mary, and son-in-law, Josh, are due with their first child on Dec 18. Josh has four kids from a previous marriage (Dylan, Emma, Chloe and Ava)... and they can't wait for their baby sister to arrive! Mary was a Christmas baby back in 1987, so I am predicting she has baby Hattie James on Christmas Day, as well. Grandma's intuition?? No matter....it will be a very festive time for our family!



Erica Bringedahl - For break my family and I will be getting ready for our trip to Disney World in January! This will be my children's first time going. They are 10 and 3, so we are very excited for them to experience the magic of Disney. My husband is running the Disney marathon while we are there, so we will be cheering him on as he runs 26.2 magical miles.



Contract Highlights



Inclement Weather and Snow day Information

With the start of the Winter season, we would like to remind you of some information:

*Definition of the words “**canceled**” and “**closed**” as pertains to faculty and staff members:*

- Canceled: classes and activities will not be held, all staff members are to report to work;*
- Closed: only essential staff members are to report to work.*

Essential Staff:

*When classes are canceled, all staff members are expected to report for work unless the closing announcement indicates that only “**essential staff**” needs report. Designated personnel in the following departments are considered essential and are expected to report: **Police Department, Facilities Services, Food Service, Housing, Information Technology, Library, WGVU-AM/FM/TV, Fieldhouse Management, Pew Campus Operations, Pew Campus Security.***

*****If you are listed as essential staff, make sure you are making arrangements ahead of time when the University closes.***

Ultra Time codes:

***SNO**-is used for the staff members personnel decision time off due to inclement weather-each member has 8 hours max a calendar year and the hours can be used in increments.*

***WEA**-is used when the University is officially closed due to inclement weather. Excludes essential staff members.*

Holiday Recipe - Crockpot Hot Chocolate

Ingredients

2/3 cup of hot water
1/2 cup of Hershey's Cocoa - Natural Unsweetened
1 14 oz can of sweetened condensed milk
1 1/2 cups of heavy cream
6 cups of whole milk
1/2 cup of sugar
2 teaspoons of pure vanilla extract
dash of salt
Marshmallows

Directions

In a small bowl, combine hot water and Hershey's Cocoa. Stir until smooth.

Combine all ingredients in a slow cooker, including cocoa mixture, and whisk to combine.

Heat on low for about 3 hours, stirring occasionally.

Stir in marshmallows and serve.



Recipe found at <http://www.number-2-pencil.com/2013/12/14/slow-cooker-hot-cocoa/>



PSS WORKSHOPS

FERPA/Risk Management

December 7, 2015 from 10:30-12pm in 2270 Kirkoff Center

December 11, 2015 from 1-2:30pm in 340 Bicycle Factory

What does this mean and how does it affect my job? Have your questions about FERPA and risks at your job answered by the experts. Presenters will be Patricia Smith, Associate to Vice President and Deputy Counsel for Grand Valley. Mick Doxey, Assistant Vice President for Risk Management, Tiesha Hogue-Shankin, Paralegal and Freedom of Information Act Coordinator and Sherril Soman, University Registrar.

Sign up by going to www.gvsu.edu/sprout

Approved for technical credit



Taking Ethics Personally

January 27th, 2016 from 9-10:30 in 2266 Kirkoff Center

January 28th, 2016 from 9-10:30 in 340 Bicycle Factory

Each of us establishes personal standards for communication and behavior. This interactive and introspective workshop is an exploration of the impact these standards have on our personal and professional lives. Group discussion and activities will lead to the development of personal ethics statements.

Approved for non-technical credit



HEALTH & WELLNESS WORKSHOPS & INFORMATION

Free Diabetes Prevention Program

Available for GVSU Priority Health Members

Nearly 60% of Michigan's population suffers from one or more chronic conditions, including type 2 diabetes, the fastest-growing, preventable, manageable chronic disease in Michigan and the nation.

Priority Health's Diabetes Prevention Program is a free and proven way to reduce your risk of developing Type 2 diabetes. Learn about nutrition, stress reduction techniques, eating and exercise tracking and more at one of the following classes:

January: Grand Rapids, Wyoming, Comstock Park, Grand Haven, Holland, Jackson, Traverse City

February: Zeeland Muskegon, Grandville, Rockford, Lowell

For more information about diabetes prevention programs in your area, or to register for an event, call Priority Health at 800.998.1037 option #4. Their Health Care Coordinators are here to help you.



Is Your Department Certified Healthy?

Apply now to earn
Certified Healthy Department Status

<http://gvsu.edu/healthwellness/certified-healthy-department-application-questions-416.htm>

2015-2016**Building Representatives**

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Alumni house, Service &
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DeVos 3rd & 4th floors

Members Relations Team
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Michelle Duram 1-3298

Vicki Helgeson 1-2630

Important Dates

End of Fall semester: December 19
Holiday break: December 24-January 3

SUGGESTIONS FOR UPCOMING ISSUE

Any New Year resolutions you are planning for 2016? If so, please share for the next newsletter by submitting photos and a blurb on your plans by emailing Erica by December 21.

DATES**Birthdays**

5 - Irene Fountain

5 - Jacquelyn Abeyta

12 - Tracie Samdal

18 - Barbie Young

18 - Craig Hammerlind

22 - Tina Lee

23 - Mary Watters

31 - Darrhonda Scott-Jones

31 - Krystal Vanden Bosch

GVSU Anniversary

6 - Mary Watters

20 - Mary VanPopering

Deborah Bell

Robyn Toth

Wedding Anniversary

12- Robyn Toth

Dori Runyon

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