

APSS NEWSLETTER

March 1 2016

Volume 6, Issue 8

2015 - 2016

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This newsletter is published
monthly.

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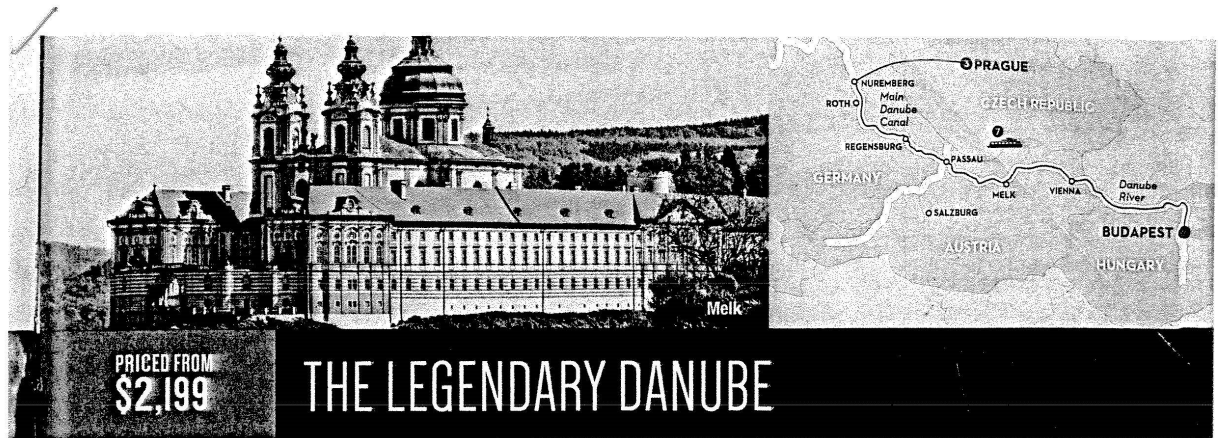


Mary Ann Holcomb - Bob Holcomb and I are traveling to Houston during Grand Valley's Spring Break to visit our daughter. She's a Neuro-Psychologist at the Texas Medical Center specializing in traumatic brain injuries (we're very proud of her).

Janet Potgeter - Here is a nice sunset picture from my trip to Longboat Key, FL. I had two wonderful weeks with my mom and sister-in-law.



Michelle Duram - Just a quick note for those who might be interested...we are looking at a Riverboat cruise in June of 2017 on the Danube...if anyone is interested, just let me know. I have details...the more the merrier.



INCLUDED FEATURES

Cruise: Deluxe 7-night cruise from Nuremberg to Budapest in an outside stateroom with hotel-style beds

Sightseeing: As outlined in day-by-day itinerary below

Meals: Buffet breakfast (B) in Prague; superb dining with meals on board featuring full breakfast (B) with complimentary sparkling wine, lunch (L) with complimentary soft drinks, and dinner (D) including complimentary wine, beer, or soft drinks; a welcome reception, Captain's reception, and farewell dinner; one sitting with open seating arrangements

Superior Hotels: Prague

ITINERARY

Day 1 Arrive in Prague, Czech Republic. Welcome to Prague!

Day 2 Prague. Guided sightseeing, see the Astronomical Clock and visit Hradčany Castle grounds. (B)

Day 3 Prague. A full day at leisure to explore at your own pace. (B)

Day 4 Prague–Nuremberg, Germany (Embarkation). Travel by motorcoach to Nuremberg; onboard welcome reception. (B,D)

Day 5 Nuremberg–Roth. Choice of Nuremberg Rally Grounds tour or guided sightseeing of Roth. (B,L,D)

Day 6 Regensburg. Guided walk; enjoy a snack at the Historische Wurstküche; beer tasting. (B,L,D)

Day 7 Passau. Guided walk. (B,L,D)

Day 8 Melk, Austria–Vienna. Guided visit of the Benedictine Abbey in Melk. (B,L,D)

Day 9 Vienna. Guided sightseeing. (B,L,D)

Day 10 Budapest, Hungary. Guided sightseeing, see Fishermen's Bastion and Heroes' Square. (B,L,D)

Day 11 Budapest (Disembarkation). Your vacation ends this morning. (B)

NOTES:

- Departure 1028 is offered as an exclusive Wine Appreciation Cruise, including special features and tastings at no additional cost.
- Departure 1203 is offered as an exclusive Festive Time Cruise, including special features at no additional cost.



Spring Recipe

Asparagus with Cashews

Ingredients

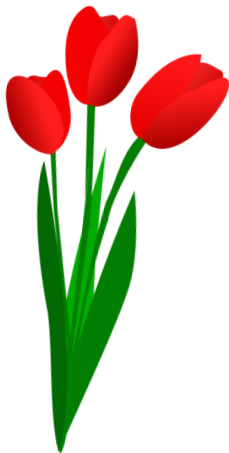
- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 1 teaspoon minced fresh ginger root
- 1 bunch asparagus stalks, ends cut
- 1 tablespoon soy sauce
- 1/2 cup chopped cashews



Directions

1. Heat olive oil and sesame oil in a wok over low to medium heat. Add ginger, and stir-fry until slightly brown. Add asparagus, and stir-fry for a few minutes before adding soy sauce and cashews. Cook until asparagus is tender but still crisp and bright green, stirring frequently.

Recipe found at <http://allrecipes.com/recipe/99125/asparagus-and-cashews/>



Union News

Full Membership meeting

Thursday, March 24, 10-11am, Allendale Campus, Grand River Room, Kirkhof

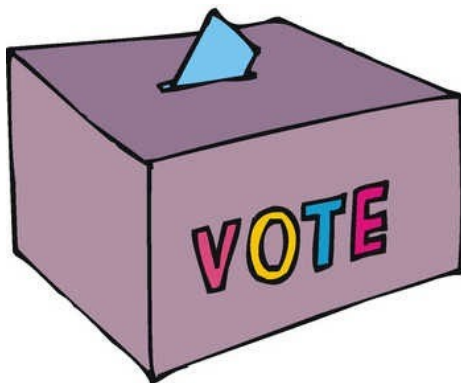
Thursday, March 24, 1-2pm, PEW Campus, room 1008A-The Forum, Seidman Center

Since going independent in February 2014, the Executive Board has been reviewing and updating sections of our By-laws. Now it is ready for your input and approval.

Please plan to come and keep up to date with our Alliance of Professional Support Staff information.

SEE YOU THERE!

Becky Bakale



HEALTH & WELLNESS WORKSHOPS & INFORMATION

**Earn up to \$500
in healthy rewards.**

HEALTHY CHOICES WELLNESS PROGRAM

JANUARY 1, 2016 - DECEMBER 31, 2016

Miss the on campus health screening?

It's not too late to participate. Complete the online Health Assessment and have your health care professional complete this form and submit to Priority Health by April 15th.

[Click here for more information.](#)

Looking to save money?

[Check out the new PriorityRewards program!](#)



March is National Nutrition Month!

- [Check out this guide to choosing healthier food items at campus restaurants.](#)
- Learn [How to Manage Weight in the Supermarket, Not the Gym](#)
- [Sign up for Competition Nutrition](#), starts March 21st.
- Ever thought about giving Weight Watcher's a try? [Join anytime.](#)

2015-2016**Building Representatives**

Cheryl Bronner 1-3327
Student Service-1st floor

Tami John 1-2350
Kirkhof Cntr

Bill Grimaldi 1-3859
Alumni house, Service &
Central Utilities

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

Barb Ellis 1-8611
Copy Center, Laker Store, &
Kindschi

Cheryl Anderson 1-3482
Lindsey Burns 1-2186
Mac- A-D

Deb Rotman 1-2566
Calder, Superior, & Arts cntr

Erica Baker-Bringedahl 1-7388
Seidman Center

Mark Saint Amour 1-7029
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
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 1-6202
DeVos 3rd & 4th floors

Members Relations Team
Cheryl Fischer-Chair 1-3000

Michelle Duram 1-3298

Vicki Helgeson 1-2630

PSS WORKSHOPS

Greening Your Office

Thursday, March 17 from 9:30-10:30 am in CHS 440

Wednesday, March 23 from 3-4 pm in MAK D1221

Are you interested in making your office more sustainable? Please join us to learn about strategies and opportunities to create a more sustainable workplace. The seminar is presented by Yumiko Jakobcic, GVSU Sustainability Coordinator.

Approved for non-technical credit

Sign up at www.gvsu.edu/sprout

PSS Luncheon

Tuesday, March 1, 2016 noon-1:30pm, Grand River Room, Kirkhof Center



Important Dates

PSS Spring Luncheon - March 1
 Spring Break - March 6-13
 Union Member meeting - March 24

SUGGESTIONS FOR UPCOMING ISSUE

Any spring tips to share for the next newsletter? Could be trip tips, recipes, cleaning, or gardening. Please email [Erica](#) by March 24 to be in the next newsletter.

MARCH DATES

Birthdays

5 - Bob Kozminski
 7 - Charlyn Worthem
 9 - Deborah Bell
 9 - Linda Schmidt
 10 - Maria Jaramillo-Gonzalez
 13 - Jay Zink
 18 - Robyn Toth
 19 - Jennifer Glaab

GVSU Anniversary

1- Ashley Riley
 1 - Angie Ryan
 6 - Denise Gross
 9 - Cherilyn Denomme
 16 - Karen Martin
 17 - Barbara Plumb
 18 - Shelly Micho
 Michelle Duram

Wedding Anniversary



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

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.