

APSS NEWSLETTER

November 1, 2016

Volume 7, Issue 5

2016-2017

EXECUTIVE BOARD

President
Becky Bakale

Vice-President
Rhonda LeMieux

Chief Alliance Steward
Cheryl Fischer

Secretary
Michelle Holsteg

**Union Business & Financial
Director**
Hollie Rago

Membership Director
Joyce Sullivan

Communications Director
Erica Baker-Bringedahl

Website:
apssgvsu.org

INSIDE THIS ISSUE:

Fall Activities	1-2
Fall Recipe	3
Heath & Wellness	4-5
HR Workshops	6
Union News	6
Dates	7

This newsletter is published
monthly.

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



Hollie Rago - This is my favorite Halloween photo. We try to decorate our office potato heads for each holiday season.



Erica Bringedahl - My boys and I love fall and Halloween! We try to get in as many activities as we can in the month of October. Very busy with apple picking, pumpkin patch, corn maze, carving pumpkins, hayrides, making cookies, and of course trick or treating!



FALL RECIPES

PEPPERMINT HOT CHOCOLATE

INGREDIENTS

2 cups whole milk
1 tsp peppermint extract
4 ounces semisweet chocolate chips
2 full-size marshmallows, for garnish



DIRECTIONS

Combine the milk and the peppermint extract in a medium saucepan. Heat until the milk is just starting to simmer. Remove from the heat and stir in the chocolate until melted and combined.

Read more at: <http://www.foodnetwork.com/recipes/peppermint-hot-chocolate.html?oc=linkback>

HERB GARLIC BREAD

DIRECTIONS

Slice a loaf of Italian bread, stopping short of the bottom so the loaf stays intact. Melt 4 tablespoons butter with 1 tablespoon olive oil; add 2 to 3 minced garlic cloves and 1/2 teaspoon salt and cook, stirring, 2 minutes. Stir in 2 tablespoons chopped parsley. Spread the garlic mixture between the bread slices; wrap in foil and bake at 375 degrees F, 15 minutes. Unwrap and bake until crisp, 5 more minutes.



Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/herbed-garlic-bread-recipe.html?oc=linkback>

HEALTH & WELLNESS WORKSHOPS & INFORMATION

Simple Carbohydrate Counting

Date: Tuesday, November 15, 2016 12:00 PM - 1:00 AM
Location: CHS 240

Counting carbs can be confusing. Get back to basics. This refresher course reviews the carb value of foods, including new foods on the market. Portion size awareness and label reading will also be reviewed.

Register: <http://www.gvsu.edu/sprout>

Hold it for the Holidays Challenge!

November 21-January 6

Weigh in and win! Faculty and staff are challenged to maintain their weight during the holiday season. Pay \$5 to maintain or \$10 to lose. Participants who meet their goal earn their money back at the end of the challenge. Weekly motivational tips help keep you on top of your game in the middle of holiday parties and temptations.

Register: <http://www.gvsu.edu/sprout>



RETIRE HAPPY

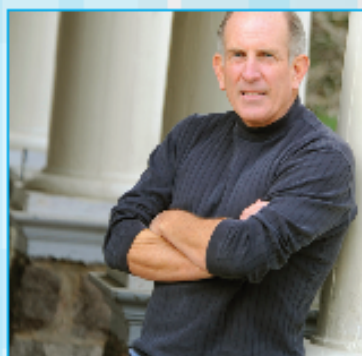
NOVEMBER 10
2-5:00 pm
Grand River Room
Kirkhof Center

Additional Presenters

Vonda VanTil
Social Security Administration

Kurt Swardenski
Advantage Benefits Group

Dave Smith
Director of Benefits & Wellness,
GVSU



**IT'S OUR
PARTY AND
WE'LL FLY IF
WE WANT TO!**

Presenter: Tom Rademacher
Formerly of the Grand Rapids Press

How the Encore Movement is Re-defining Our "Second Acts"

Please put your seats in the upright position and prepare for take-off! You're about to soar with the "Encore" movement and be inspired as well-known writer Tom Rademacher pilots you through stories of people and organizations re-inventing themselves to share precious gifts that, like fine wine, develop over time. Not that you'll be getting any wine on this flight. A tiny bag of pretzels, maybe. You'll get a bird's-eye view of Encore as a living, breathing entity. And you'll be introduced to more than a dozen people who have launched (get it?...launched...like a plane!) their second acts, gliding on the wings of grace and wisdom to connect with others while developing a deep sense of community and belonging. Your itinerary includes meeting a man who makes caskets for people who can't afford 'em...a photographer who takes final family portraits that include kids in Hospice care...a man who hunts for dinosaur bones...a woman who's volunteered at the same place for 57 years...and much more! The only thing you won't get are frequent flyer miles. But we do guarantee a fun, informative presentation!

SPOUSES/PARTNERS WELCOME

REGISTER AT WWW.GVSU.EDU/SPROUT .

HEALTH & WELLNESS
BENEFITS WELLNESS WORKLIFE www.gvsu.edu/healthwellness



**GRAND VALLEY
STATE UNIVERSITY**
HUMAN RESOURCES

2016-2017**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

Mark Saint Amour 1-7029
Bike Factory
Seidman Center

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

Vicki Wenger 1-3898
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

HR WORKSHOPS

*** All Excellence Series workshops are approved for Non-Technical credit**

Excel basics and a few tips and tricks

November 9: 2 pm – 4 pm

Henry Hall - Allendale

November 11: 9 am – 11 am

EC – DeVos

This hands-on 2 hour workshop will introduce attendees to the need to know basics of Excel and a few of the tricks that make working in Excel easier. This class is approved for a Technical credit.

UNION NEWS

When planning your Holiday gatherings be aware of our time off,
Thanksgiving Break-Thursday, November 24-Sunday, November 27
Christmas Break-starting Friday, December 23- Monday, January 2

Per our contract- Holidays are Thanksgiving Day and the day after, day before Christmas, Christmas day, day before New Year's and New Year's day. When a holiday falls on a Saturday, causing the Friday to also be considered a holiday, only one day's holiday pay will result, likewise when a holiday falls on a Sunday, causing the Monday to also be considered a holiday.

ENJOY your time off!

Becky Bakale



IMPORTANT DATES

Thanksgiving break: November 24-27

No classes: November 23-27

SUGGESTIONS FOR UPCOMING ISSUE

For the next newsletter, I am looking to share your Thanksgiving photos! Send them to me, [Erica](#) by November 29.

NOVEMBER DATES

Birthdays

6 - Susan Brunell
7 - Jo Ann Shelton
7 - Julie Noto
21 - Dorothy Vice
22 - Rhonda LeMieux
28 - Tammy Tobar

GVSU Anniversary

6 - Amanda Reader
11 - Shawn Evans
14 - Ronda Huster
15 - Susan Brunell
17 - Sandee Snyder
26 - Silvia Diedrich
26 - Cheryl Lillibridge
Carrie Shoup

Wedding Anniversary

3 - Cheryl Lillibridge
18 - Sara Walker
Cheryl Fischer

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.