

APSS NEWSLETTER

December 1, 2016

Volume 7, Issue 6

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:

Holiday News	1-3
Holiday Recipe	3
Heath & Wellness	4-5
Union News	6
Dates	7

This newsletter is published monthly.

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

Happy Holidays!

Jo Ann Boon-Shelton - Every year we like to do a Turkey Trot on Thanksgiving day. Last year we were in Oceanside, California. This year we will be doing the Grand Rapids Turkey Trot.



Aaron Velting - A friend and I are volunteering at the meltrotter meal on thanksgiving morning. We were greeters. It was an absolutely amazing experience. Although out of my comfort zone being in a BRIGHT orange shirt. I felt like the was such a defined difference between myself and the people I was serving. I would have love to have been in plain clothes just like them. Anyway, it really was meaningful as my father in law served on the board with meltrotter for 30 years and just resigned this past year.. so special



Darlene Roper - Gabriella Sue Roper born on 11/2/16 To my son Joe and his wife Amanda. They have 2 boys at home ready to help take care of their new sister.



Reda DeYoung - My husband and I spent our 2016 Thanksgiving weekend as Lighthouse Keepers at the Grand Traverse Lighthouse Museum in Northport, Michigan. We stayed in the 150+ year old lighthouse and decorated the lighthouse museum and grounds for their holiday open house (Dec. 3-4)



Erica Bringedahl - Right after Thanksgiving my family decorates our house for Christmas. We put up our tree and lights outside. My son's just love this time since now it feels like Christmas is near. The next event is when our Elf on the Shelf arrives on December 1. I got pulled into this tradition when my mother bought my children an elf 3 years ago. A few things he has done are toilet paper our tree and switch our stockings out for our own underwear! My kids just love it.



HOLIDAY RECIPE

PEPPERMINT BRITTLE

INGREDIENTS

2 pounds white chocolate
30 small candy canes

DIRECTIONS

Line a large jellyroll pan with heavy-duty foil. Place white chocolate in a microwave-safe bowl. Heat in microwave on medium setting for 5 to 6 minutes. Stir occasionally, until chocolate is melted and smooth. Place candy canes in a plastic bag, or between two pieces of waxed paper. Using a mallet or rolling pin, break the candy canes into chunks. Stir peppermint into melted white chocolate. Spread evenly in pan, and chill until set, about 1 hour. Break into pieces by slamming pan on counter.



Read more at: <http://allrecipes.com/recipe/9461/peppermint-brittle/?internalSource=staff%20pick&referringId=187&referringContentType=recipe%20hub&clickId=cardslot%203>

HEALTH & WELLNESS WORKSHOPS & INFORMATION

Mindfulness Practices and Trainings at DeVos

Whether you're looking to become trained in mindfulness or just want to practice mindfulness, we have a class for you at DeVos this winter semester.

Dr. Sue Dilsworth of Hearts Journey Wellness will guide you through some basic principles of meditation and mindfulness. The 45 minute sessions will be primarily experiential and will include brief lecture and discussion reinforcing evidence-based practices. No prior meditation experience necessary.

Mindfulness and Self-Compassion in the Workplace

Six-Week Course for faculty and staff at GVSU Beginning Thursday January 26th and running every Thursday through March 2nd. All classes meet from 12-1:30 pm in DEV 303C (except for 2/16. Class will meet in DEV302E)

Please see <http://www.gvsu.edu/sprout> for more information and registration.

Healthy Choices 2017 program

Registration is open. Deadline to register for on campus biometric screens is January 27th. [Sign up now!](#)

Learn about carbs, diets and more to help battle the holiday season bulge!

Watch our Simple Carb Counting Workshop presentation, presented by a Spectrum Health Registered Dietician on 11/15.

<http://ow.ly/98K9306or84>



GVSU Youtube Channel

Stay tuned to the GVSU Health and Wellness Youtube channel for full length workouts and 5 minute quick hits. <https://www.youtube.com/channel/UC5sW1yNqx0FDv0kE9P9n46w>

What Mommies Do Best

Now offered on the Pew Campus!

Join us the 3rd Thursday of each month from 12 – 1pm.

Registration in [Sprout](#).



December 15th session: Make and Take Activities – Creating with Kids: Looking for some hands-on activities to do with your kids over the winter break? Come get creative and make items such as sensory bottles, play dough, and more! We'll supply the ingredients and directions and you'll leave with the item you create and a booklet of ideas to bring home!

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, Holton Hooker, &
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

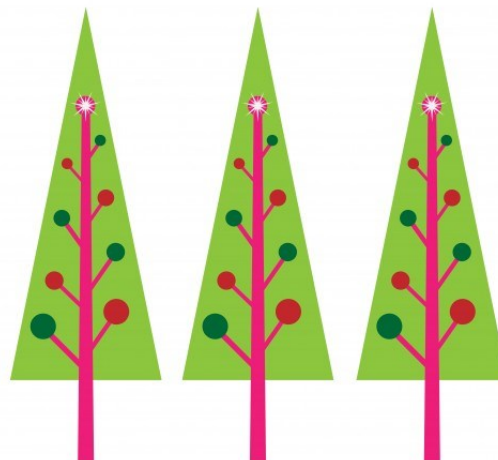
Michelle Duram 1-3298

Vicki Helgeson 1-2630

UNION NEWS

*I would like to WISH our Members a
“MERRY CHRISTMAS!” I hope everyone
has a restful and happy break. Enjoy your
time off!*

Becky Bakale



IMPORTANT DATES

Holiday break: December 23-January 2

SUGGESTIONS FOR UPCOMING ISSUE

Share what you did on your break from work for the next newsletter. Send photos and a blurb on what you did to me, [Erica](#) by December 20.

DECEMBER 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

12 - Deborah Bell

14 - Sandra Jennings

20 - Mary VanPopering

Robyn Toth

Wedding Anniversary

12 - Dori Runyon

Robyn Toth

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.