

# APSS NEWSLETTER

May 1, 2018

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2017-2018

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This newsletter is published  
monthly.

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

# Healthy Living

## Sweet Fire Dressing

Submitted by Sue Peterson

### Ingredients:

- ½ cup plain oat milk (or any unsweetened plant milk)
- ½ teaspoon cayenne pepper
- ½ teaspoon smoked paprika
- ¼ cup Dijon mustard or spicy mustard
- ½ cup pure maple sugar

### Instructions:

- Combine everything in a bowl, mix well and serve over salad or anything else that you would like!



# HEALTHY RECIPES

## Simple Chicken Broth Bowl Submitted by Sarah Kozminski

Author: Simple Green Moms

Serves: 4

### Ingredients

- 1 quart homemade chicken bone broth (or good quality store bought broth)
- 1 tsp soy sauce
- ½ inch piece fresh ginger
- juice of ½ lemon
- 1 cup broccoli pieces
- ½ cup shredded carrots
- ¼ cup shredded cabbage
- ½ cup sliced mushrooms
- ¼ cup raw baby spinach
- 1 package (10 to 12 ounces) cooked tortellini, quinoa, or rice (omit for whole30)
- 1 rotisserie chicken, cut into shredded pieces

### Instructions

1. Cook pasta, rice or quinoa according to package directions
2. Slice vegetables (relatively small) and arrange on platter.
3. Heat broth in saucepan with ginger and soy sauce until boiling. Turn heat off and add lemon juice.
4. Add meat, pasta, and veggies to bowl and top with hot broth.
5. Enjoy!
6. I didn't originally include measurements for the veggies or chicken, as I just cut up enough to throw on a huge platter. I've updated the ingredients with the measurements. But, have no fear, if you have leftovers, it all makes an amazing salad for lunch the next day!



## **Wheat Berry Salad**

**Submitted by Vicki Helgeson**



You might be asking, what's a wheat berry?

“A wheat berry, or wheatberry, is a whole wheat kernel, composed of the bran, germ, and endosperm. Botanically, it is a type of fruit called a caryopsis.”

Follow the directions on the bag of wheat berries for cooking. Some cook 1 hour in a pot of boiling water and some 15 minutes. I use the berries that take 1 hour. The cost of the berry is less.

- ½ cup raw wheat berries, boiled 1 full hour, rinsed in cold water and drained yields 1 cup cooked.
- 1 large apple diced
- 2 ribs of celery diced
- 2 TBLS low sugar dried cranberries
- 2 TBLS chopped walnuts
- 1-2 TBLS honey
- 1 6 oz. container of Yoplait cherry yogurt (I use the kind with splenda)
- Mix all ingredients together and chill. Makes a great breakfast salad.

## **Cowboy Caviar**

**Submitted by Vicki Helgeson**

- 1 can (15 ounces) white corn, drained and 1 can (15 ounces) yellow corn, drained (or your left over corn on the cob...about 5-7" ears)
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) chick peas, rinsed and drained
- 1 seedless (hothouse) cucumber diced
- 1 med - large green bell pepper diced (to spice it up I add 1-2 jalapenos diced)
- 2 ripe plum tomato, cut into 1/4 inch dice
- 1 bunch scallions, thinly sliced
- 2 tablespoons chopped flat leaf parsley or cilantro (I don't measure...I use about 1/2 of a bunch)
- 1/2 teaspoon minced garlic (2 cloves)

## HEALTHY RECIPES

- 1/3 cup olive oil (I use about 2 TBLS)
- 2 tablespoons red-wine vinegar
- 1/2 teaspoon dry mustard
- 1/2 teaspoon curry powder
- 1/2 teaspoon cumin
- Salt and freshly ground black pepper, to taste

Combine the corn, beans, cucumber, green pepper, tomato, scallions, parsley, and garlic in a large bowl. In another bowl, whisk together the remaining ingredients. Toss with the vegetables. Refrigerate, covered, for 4 hours for the flavors to blend. The longer this sits the better.

### **Chicken Tortilla Soup**

**Submitted by Vicki Helgeson**

#### **In a large pot sauté:**

- 1-2 Tbls olive oil
- 1 medium chopped onion
- 3 cloves pressed or chopped garlic
- 2 Tbls parsley

#### **Then add the following:**

- 1 can of beef broth or 2 cups
- 2 cans of chicken broth or 4 cups
- 2 oz. or 1/2 of a 4 oz. can of chopped green chilis
- 2 - 15 oz. cans of tomato sauce
- 1 - 15 oz. can of stewed tomatoes. I puree mine.
- 1 can corn w/liquid
- 1 tsp of each of the following:
  - Cumin
  - Salt
  - Pepper
  - Chili powder
- 1 Tbls Worcestershire Sauce

- 1 and ½ Tbls of only Lea and Perrins Steak Sauce. NO OTHER KIND WILL WORK.
- 1 cup of water
- 5 Cooked Chicken Breast Shredded simmer for 2.5 hours. This will help thicken the soup.
- Serve with shredded cheddar, sour cream and tortilla strips

I keep this Weight Watcher friendly by using only fat free cheese and sour cream. As for the tortilla strips I use about 3 crushed baked scoops at home.

## Orzo Salad

Submitted by Vicki Helgeson

- 1 pound orzo pasta
- 3 TBS extra virgin olive oil, plus ¼ cup
- 2 cups fresh arugula (about 3 ounces)
- ¾ cup crumbled feta cheese (I use whatever is in the package I buy. I don't measure this)
- ½ dried cherries (I use cranberries too in place of cherries)
- 12 fresh basil leaves torn (when I buy the fresh basil I chop mine up. It helps to spread the flavor)
- ¼ cup toasted pine nuts (I use the pine nuts from the package. I do not brown mine in the oven)
- 3 TBS lemon juice (I use 2-3 fresh squeezed lemons)
- 1 ½ tsp sea salt
- 1 tsp freshly cracked black pepper

### DIRECTIONS

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8-10 minutes. Drain pasta and put the pasta on a large cookie sheet. Drizzle the pasta with 3 TBS olive oil, toss, spread out, and set aside to cool. (I rinse by pasta with cold water before putting on the cookie sheet)

Once the orzo is cooled, transfer to a large serving bowl. Add the remaining ingredients and toss gently to combine. Serve....enjoy!!!



# HEALTHY RECIPES

## Peanut Butter Cookies

**Submitted by Kate Carlson**

I have been trying some Keto style eating and this is a recipe that is just delicious. If not Keto can substitute for real sugar and regular flour.

- 1 1/2 c. smooth unsweetened peanut butter, melted (plus more for drizzling)
- 1 c. coconut flour
- 1/4 c. coconut sugar
- 1 tsp. pure vanilla extract
- Pinch kosher salt
- 2 c. dark chocolate chips, melted
- 1 tbsp. coconut oil
- Directions



1. In a medium bowl, combine peanut butter, coconut flour, coconut sugar, vanilla and salt. Stir until smooth.
2. Line a baking sheet with parchment paper. Using a small cookie scoop, form mixture into rounds then press down lightly to flatten and place on baking sheet. Freeze until firm, about 1 hour.
3. In a medium bowl, whisk together melted chocolate and coconut oil.
4. Using a fork, dip peanut butter rounds in chocolate until fully coated then return to baking sheet. Drizzle with more peanut butter then freeze until chocolate sets, about 10 minutes.
5. Serve cold. Store any leftovers in the freezer.



## Chicken Enchiladas

Submitted by Teri Leedy

### Ingredients:

#### For the enchilada sauce:

- 2 garlic cloves, minced
- 1-2 tbsp chipotle chilis in adobo sauce
- 1-1/2 cups tomato sauce
- 1/2 tsp chipotle chili powder
- 1/2 tsp ground cumin
- 3/4 cup reduced sodium chicken broth
- kosher salt and fresh pepper to taste

#### For the chicken:

- 1 tsp vegetable oil
- 8.5 oz (2 breast halves) cooked shredded chicken breast
- 1 cup diced onion
- 2 large clove garlic, minced
- 1/4 cup cilantro
- kosher salt
- 1 tsp cumin
- 1/2 tsp dried oregano
- 1 tsp chipotle chili powder
- 1/3 cup chicken broth
- 1/2 cup tomato sauce

#### For the enchilada:

- 8 (7-inch) low-carb whole wheat flour tortillas (la tortilla factory )
- 1 cup shredded low fat Mexican cheese
- non-stick cooking spray
- 2 tbsp chopped scallions or cilantro for topping

### Directions:

In a medium saucepan, spray oil and sauté garlic. Add chipotle chiles , chili powder, cumin, chicken broth, tomato sauce, salt and pepper. Bring to a boil. Reduce the heat to low and simmer for 5-10 minutes. Set aside until ready to use. Preheat oven to 400 degrees. Heat the vegetable oil in a medium skillet over medium-high heat. Sauté onions and garlic on low until soft, about 2 minutes. Add chicken, salt, cilantro, cumin, oregano, chili powder, tomato sauce, chicken broth, and cook 4 to 5 minutes. Remove from heat. Spray a 13 by 9-inch glass baking dish with non-stick spray. Put 1/3 cup chicken mixture into each tortilla and roll it. Place on baking dish seam side down, top with sauce. Then top with cheese. Cover with aluminum foil and bake in the oven on the middle rack for 20-25 minutes. Top with low fat sour cream or scallions if you wish. (Extra points) Makes 8 enchiladas.

Read more at <https://www.skinnytaste.com/chicken-enchiladas/>



## HEALTH & WELLNESS WORKSHOPS & INFORMATION



Be financially fit this spring! Join the webcasts Fidelity is offering this month:

- ***The Mindset of Up - and - Coming Millionaires*** will discuss investing strategies
- ***Understanding Medicare*** will discuss how to make good decisions for yourself and loved ones.

Learn more about these webinars, reserve your spot and check out other webinar topics at [Fidelity.com/Webcasts](https://www.fidelity.com/webcasts).

### Health Coaches on Campus

**May 17th, 12pm-5pm DeVos 302C**

**May 18th, 9am-2pm Allendale, KC 2228**

Health coaches are energizing in their commitment to help you live your life with high energy, clear focus, and a positive and confident outlook. Coaches are skilled partners: they join with you in creating an inspiring vision for your life and a pragmatic plan to move you closer to that vision.

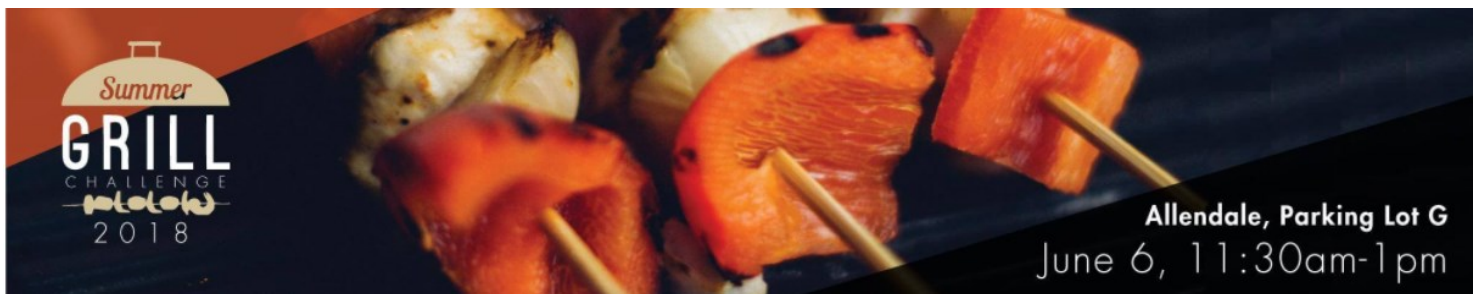
Sign up for your appointment now by calling the 1-800 number on the back of your Priority Health Insurance card or online at [www.priorityhealth.com](https://www.priorityhealth.com) and click on the wellness event schedule.



## GVSU Farmers Market Opening Day, June 6

The farmers market is quickly approaching! Come see our [local vendors](#) and join us throughout summer at the grill challenge, free bike tune ups, and cooking demos!

Visit the [farmers market website](#) and follow the market on [Facebook](#), [Instagram](#), and [Twitter](#) for updated information throughout the season.



## MEMBER NEWS

**Sarah Kozminski** - Special event coming up. "Health and Henna Mothers Day Event." Visit this website for more information. <https://www.facebook.com/events/580035095684306/>

**Anita Benes** - After running 5K's my entire running career I just finished my first 10K, as an old lady I might add!! On April 21st I ran the Star Wars Dark Side 10K in Orland, FL at Disney World, dressed as Princess Leia.

Being Physically Active is very important as you age, don't think you can't do it, even after 50, and as they say at Disney, "Beyond to Infinity"(that's for us who are over 50)! You do not have to run, choose an activity you like, stick with it, set a goal, and get ready for a healthier you!



## HR WORKSHOPS

### **PSS Non-Technical Credit Opportunities Coming Soon:**

- Effective Communication: TBD
- Goal Crushing Productivity:
  - ◊ Friday, June 15: Pew Campus
  - ◊ Monday, June 18: Allendale Campus

### **PSS Technical Credit Opportunities Coming Soon:**

- Excel (various levels): TBD
- Adobe: TBD
- Social Media Platforms: TBD
- Google Drive: TBD

Please check Sprout regularly for PSS credit approved workshops

### **GVSU Mom's Network – Grand Rapids**

12:00 – 1:00 PM  
Thursday, May 17  
303C DeVos

Topic: Snag That Deal: Couponing, Bargaining & Thrifting

Join the Moms Network as we share tips, tricks, and secrets on how we snag amazing deals that lead to cost-saving results. Please register on [Sprout](#).

## **GVSU Moms Network - ALLENDALE**

12:00 – 1:00 PM  
Tuesday, May 15  
1012 JHZ

“Eat Smart on the Go”- Food and healthy tips for families-Cooking demo  
Please register on [Sprout](#).



## UNION NEWS



### APSS Union Election Results

I appreciate everyone who took time to vote on the board nominees for the Alliance of Professional Support Staff Union. We had a 34% voter turnout, 111 voters out of 328 members.

The results are as follows:

**Vice President- Mark Saint Amour**  
**Chief Alliance Steward-Rhonda LeMieux**  
**Membership Director-Joyce Sullivan**  
**Secretary-Michelle Holstege**

**Congratulations** to those who will be serving in this capacity, I look forward to working with each of you.

If you are interested in learning more about these positions or the Union, Please feel free to contact me.

Have a Nice day-SPRING is coming!

*Becky Bakale*

President of Alliance Professional Support Staff

### Summer dues schedule 2018

Union dues will not be taken out of your paychecks for the pay periods between May 20st and August 7th (payroll numbers 12 – 16). Dues will start back up on July 29th and will be deducted from your check dated 8/21/18 (payroll number 17).

**THANK YOU** from Shy Armstrong who wanted to share with the membership on her recent vacation donations that she received.

"I just want to say thank you to the all the staff that donated some of their hard earned time to me. My healing process has been an long process. I appreciate all of you, for your help and prayers."

## CAMPUS CONNECTIONS

### WIN FREE LUNCH

#### FOR YOUR DEPARTMENT

The Center for Women and Gender Equity is hosting a food-raising competition to find out which department can bring in the most donations for Replenish. The department that donates the most items wins a free catered lunch, courtesy of the CWGE.

To enter the competition, please fill out the attached form

Donations are due to the CWGE office May 7th-11th, 2018

Winner announced May 21st, lunch details to follow

Please direct questions to Sharalle Arnold  
(616) 331-2748 | [arnoldsh@gvsu.edu](mailto:arnoldsh@gvsu.edu)

\*Lunch is for up to 15 people

\*Please avoid donations of canned vegetables  
<https://www.gvsu.edu/replenish/>





**2017-2018****Building Representatives**

Cheryl Bronner 1-3327  
Student Service-1<sup>st</sup> floor

Tami John 1-2350  
Kirkhof Cntr

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

Carol Talsma 1-7323  
Cntr of Health Sciences,  
Michigan Health Hill,  
& 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 1-2530  
Manitou & Fieldhouse

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 1<sup>st</sup> & 2<sup>nd</sup> floor

Sandra Jennings 1-6848  
Bike Factory  
Seidman Center

Vacant Position  
Holland, Muskegon &  
Traverse City

Vicki Helgeson 1-2630  
Library-Allendale campus

Vicki Wenger 1-3898  
Lake Ontario Hall

Lindsay Bogi 1-3266  
Student service 2<sup>nd</sup> & 3<sup>rd</sup> floors

Patrick Perry 1-6202  
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

**IMPORTANT DATES**

Spring/Summer semester starts - May 7

Mother's Day - May 13

Memorial Day - May 28

**SUGGESTIONS FOR UPCOMING ISSUE**

Are you or a loved one graduating this semester? If so, please share a photo and a blurb of the person to my email, [bakereri@gvsu.edu](mailto:bakereri@gvsu.edu), by May 25.

**MAY DATES****Birthdays**

4 - Cassandra Hinzman

14 - Melissa Kurek

21 - Cherilyn Denomme

**GVSU Anniversary**

7 - Melissa Kurek

23 - Jennifer Stamate-Carey

**Wedding Anniversary**

4 - Janet Potgeter

9 - Susan Brunell

16 - Erica Bringedahl

21 - Charlyn Worthem

23 - Jay Zink

25 - Krystal Vande Bosch



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).

**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.