

2018-2019

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This newsletter is published  
monthly.

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

## MICHIGAN PRODUCE RECIPES

### Pickled Cucumber Salad

From the kitchen of Sandee Snyder

I use our very own -- home grown, garden  
fresh cucumbers!



#### Ingredients:

- 1 cup water
- 1/3 cup vinegar (your choice – apple cider, white, or rice wine) I use white!
- 1/3 cup sugar (optional, or to your taste)
- 1 or 2 teaspoons salt (or to taste) I use 1 teaspoon
- 2 cups sliced cucumbers (I use our very own home grown cucumbers fresh from our garden)
- 1/2 cup sliced green onion (or sweet onion, purple onion) purple adds color!
- Add additional veggies if desired – sometimes I add our home grown grape tomatoes!

#### Combine:

1. Water, vinegar, sugar, and salt. Stir/whisk -- until salt and especially the sugar has dissolved. Add your Michigan grown cucumbers & onions (or any other vegetables you desire). Adjust to your taste! You can't mess it up!
2. Be sure the cucumbers and onions are fully emerged in the brine
3. Refrigerate overnight for best results!
4. Eat and enjoy!

## Blueberry Bran Muffins

Submitted by Erica Bringedahl

### Ingredients:

- 1 cup oat flour
- 1 1/2 cups millers bran
- 1 cup coconut milk (or other milk)
- 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 2 eggs
- 1/2 cup unsweetened applesauce
- 1/3 cup coconut palm sugar
- 3 tbsp molasses (or honey)
- 2 cups fresh or frozen blueberries

### Directions:

1. Preheat oven to 400
2. Grease a muffin tin or place paper baking cups in tin, set aside.
3. In a medium bowl combine flour, baking powder, baking soda and salt. Set aside.
4. In a large bowl, use a wire whisk or spoon to whisk together applesauce, sugar, molasses, eggs and milk.
5. Add bran to liquid mixture and let stand 15 minutes.
6. Add flour mixture to bran mixture. Whisk together just until all flour is moistened. Add blueberries\* (see note) and mix with spoon just until combined. Do not over mix or blueberries will break.
7. Fill each muffin cup to top with batter and bake 20-22 minutes until toothpick inserted in center of muffin comes out clean.
8. Let cool completely before eating.

### Note:

If using frozen blueberries, do NOT thaw and add last minute. Mix gently to prevent bleeding. If using frozen berries, oven time is 21 minutes. If using fresh berries, oven time will be cut short several minutes. Start checking around 15 minutes. Store in fridge for up to 5 days.



## MEMBER NEWS



Congrats to Paul and Pamela Hart for celebrating 40 years of marriage on August 18! Paul works at Pew Campus as a booth attendant in the Front St. lot and Pamela works for Facilities in the Allendale campus.

# HEALTH & WELLNESS WORKSHOPS & INFORMATION

## BOOST YOUR FINANCIAL KNOW HOW: A WOMAN'S GUIDE



Join the GVSU Health and Wellness team to watch live TIAA webinars on campus to boost your financial know how.

8/16 3-4pm Allendale TBD

Start to Finish: The early career woman's guide to financial wisdom

9/25 3-4pm Pew TBD

She's Got It: A woman's guide to saving and investing

Register online: [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout) OR register to view on your own and see a complete list of offerings: [TIAA.org/webinars](http://TIAA.org/webinars)

## FACULTY AND STAFF GROUP EXERCISE

Fall session registration opens August 1st on SPROUT.

View the schedule online: [www.gvsu.edu/healthwellness/groupex](http://www.gvsu.edu/healthwellness/groupex)



## **GVSU FARMERS MARKET August Events**

Bike Tune Ups, August 1st  
Cooking Demo, August 15th

\*Free community parking next to the market!\*

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



# UNION NEWS



## Union officers for 2018-2019



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Rhonda LeMieux



Secretary  
Michelle Holstege



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Joyce Sullivan**



**Communications Director  
Erica Bringedahl**

## HR WORKSHOPS

Please Share Your Suggestions!

The PSS Development Committee is currently developing the professional development plan for the 2018-2019 academic year. If there is a specific topic of interest you would like to learn more about or have been asked to learn more about in your role, please contact either Co-Chair: Denise Gross: [grossde@gvsu.edu](mailto:grossde@gvsu.edu) or Bonnie Peterson: [peterbon@gvsu.edu](mailto:peterbon@gvsu.edu).

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

12:00 – 1:00 PM  
Thursday, August 16  
303C DeVos

Please register on [Sprout](#).

### **GVSU Moms Network - ALLENDALE**

12:00 – 1:00 PM  
Tuesday, August 21  
1012 JHZ

Roundtable Discussion: Life Hacks - Sharing Those Tips and Tricks You Couldn't Do Life Without

Please register on [Sprout](#).





## **Military Family Network**

Make connections with other GVSU faculty and staff who have a family member in the military.

Join us for our military family support group.  
We meet at 12:00pm in JHZ 1012 on the following dates:

September 12  
October 10  
November 7  
December 5

To register, go to [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)  
Feel free to bring your lunch!!

Questions? Contact Tracy McLenithan  
[mclenitt@gvsu.edu](mailto:mclenitt@gvsu.edu) or (616) 331-2495

**2018-2019  
Building Representatives**

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

Tami John 1-2350  
Calder Arts &  
Kirkhof Cntr

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

Carol Talsma 1-7323  
Cntr of Health Sciences,  
& Raleigh J. Finkelstein

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

Lindsey Burns 1-2186  
Mac- A-D

Deb Rotman 1-2566  
Lake Huron & Lake Superior

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

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

Summer semester ends - August 4

Fall semester starts - August 27

## SUGGESTIONS FOR UPCOMING ISSUE

Any special people in your life starting a new school this year?  
If so, please share by emailing [Erica](mailto:Erica), by August 24.

## AUGUST DATES

### Birthdays

- 12 - Jalyn Kamp
- 25 - Ronda Huster
- 26 - Pat Cox
- 28 - Julie DeVecht
- 29 - Coreen Bedford

### GVSU Anniversary

- Pamela Hart
- Darrhonda Scott-Jones
- 7 - Barbie Young
- 13 - Lindsey Burns
- 20 - Cheryl Anderson
- 25 - Jalyn Kamp

### Wedding Anniversary

- 6 - Dawn Nagelkirk
- 6 - Lori O'Bradovich
- 12 - Michelle Hodde
- 18 - Pamela Hart
- 19 - Cheryl Anderson
- 21 - Shawn Evans



**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.**

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).