

APSS NEWSLETTER

June 3, 2019

Volume 9, Issue 12

2018-2019

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This newsletter is published
monthly.

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

Summer Grilling Recipe

Grilled Asparagus w/Parmesan and Garlic

Ingredients

- 1 pound fresh asparagus
- 2 Tablespoons olive oil
- 3 Tablespoons grated parmesan cheese
- 2 Garlic Cloves, minced
- salt and pepper



Instructions

1. Prepare asparagus and trim the bottoms. Lay the asparagus in the pan and sprinkle with salt and pepper and toss in the olive oil.
 2. Lay the asparagus on the grill in a row. Grill for 5-10 minutes over medium high heat until they have char marks and are fork tender. Remove asparagus and place back in the pan. Toss with garlic and parmesan cheese. Serve.
- *You can also grill the asparagus in foil if desired.

Recipe found at: <https://therecipecritic.com/perfectly-grilled-parmesan-asparagus/>

UNION NEWS



Do you sometimes wonder.....When should I retire?

Continued from May newsletter

After you retired-did you ever wish you had not?

- NO-but I have taken on a part time position
- I have never regretted my retirement decision-although leaving all of my friends was very difficult. But our parents were getting older so I was able to help with their needs and I was able to help care for our Granddaughter when needed. But I cannot lie-Retirement has been Great for me!
- It was time for me to retire due to changes in the department. My whole attitude has changed for the better since my retirement
- I have not regretted retiring. I am enjoying my time very much!
- It was the right decision for me at the time
- The first few weeks of retirement were difficult for me. While I didn't miss the job, I missed the people I worked with, after 40 years these people were like family. After being retired for a while now it's one of the best decisions I have made.

Financially was it a good decision?

- Yes, we had financially planned for this
- Financially we are OK due to my husband's income
- I sold my 3 bedroom home and purchased a 2 bedroom condo it seems to be a good move for me financially
- Financially-it would have been nice to work another year or two until Medicare-but I am not regretting retiring when I did
- I was lucky because financially everything just clicked and never became an issue for me
- No problem financially thanks to Social Security, GV pension and my 403b

What age were you when you retired?

- 62 ½
- 62
- 66
- 61 ½
- Almost 64
- 57

****Watch for more retirement shares next month****

Summer dues schedule 2019

Union dues will not be taken out of your paychecks for the pay periods between May 19th and July 27th (payroll numbers 12 – 16). Dues will start back up on July 28th and will be deducted from your check dated 8/20/18 (payroll number 17).

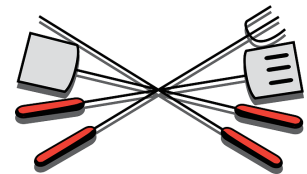


HEALTH & WELLNESS WORKSHOPS & INFORMATION

It's not too late to Thrive @ GVSU

Faculty and staff have until July 28th to register for the program. Why wait to thrive? It's not too late to enroll! Thrive @ GVSU is a voluntary, confidential and free three month* wellness coaching program available to all medical benefit eligible faculty, staff, spouses and household members. Participants in the Thrive @ GVSU program partner with a coach telephonically and through the new Wellbeing Hub via the Priority Health website.

Learn more: www.gvsu.edu/healthwellness/thrive



Summer Grill Challenge

**Wednesday June 5th 2019, 11:30am-1pm, Allendale -
Parking Lot G**

Who will win on opening day this year? Public Safety and Housing staff team up against Facilities Services guest grillers to earn your vote for best recipe! Taste test both recipes for a \$7 donation. All proceeds go to a selected organization in need!



Faculty and Staff 2 Mile Fun Run with GVPD

June 19, 2019

GVSU Farmers Market, Allendale Parking Lot G

Start time: 11:30am

Faculty and staff lace up your sneakers and challenge the GVPD to a 2 mile race down campus drive! All GVSU faculty, staff, family members and fitness levels are invited to participate. Grab a colleague or your whole department to join in on the fun. Proceeds from the registration fee will go to the GVSU student support fund. Lunch will be provided at the Farmers Market after the event (for an additional cost). Start and finish line set up, professional timing and results provided by PrimNRG race management.

www.gvsu.edu/farmersmarket/gvpd



2018-2019**Building Representatives**

Cheryl Bronner 1-3327
Student Service-1st floor

Tami John 1-2350
Calder Arts &
Kirkhof Cntr

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

Matt Collver 1-5583
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
PAC, AGS, LHH, LSH

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 1st & 2nd 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 2nd & 3rd floors

Patrick Perry 1-6202
DeVos 3rd & 4th floors

Members Relations Team

Rhonda LeMieux -Chair 1-3268

Cheryl Fischer 1-3000

HR WORKSHOPS

Grand Valley Moms Network - Allendale

12:00 – 1:00 PM

Tuesday, June 18

3062 JHZ, Allendale campus



Activity: Summer Fun

Join us for pizza and a discussion about kid friendly activities for all ages! This will be an open discussion to share ideas on affordable activities to do at home or in the community this summer. We'll create a reference list based off our conversation and share it with the group. Please register on [Sprout](#).

Grand Valley Moms Network - Grand Rapids

12:00 – 1:00 PM

Thursday, June 20

303C DEV, PEW campus

Topic: How to Keep your House Clean(ish)
Please register on [Sprout](#).

Grand Valley Dads Network - Allendale

12:00 – 1:00 PM

Thursday, June 13

1247 KC, Allendale campus

Topic: Extra curricular activities - How early is too early? How do you know when it is too much or that you're driving your kid away from what used to be a passion? Are you living vicariously through your kid's activities? Please register on [Sprout](#).

IMPORTANT DATES

Father's Day - June 16

Spring semester ends - June 17

Summer semester begins - June 24

SUGGESTIONS FOR UPCOMING ISSUE

Do you have any photos of your garden to share? Spring and summer flowers are in bloom! Please share your photos to my email, bakereri@gvsu.edu by June 26.

JUNE DATES

Birthdays

11 - Denise Gross

18 - Carrie Shoup

23 - Mary Van Popering

24 - Shyceka Armstrong

GVSU Anniversary

2 - Linda Schmidt

7 - Sheryl Nelson

22 - Rafael Juarez-Yuen

23 - Jenn Palm

29 - Cheryl Fischer

30 - Julie Carbine

Wedding Anniversary

4 - Amy Duwe

4 - Angie Ryan

17 - Deborah Bell

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.